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healthy kids, happy families

TODAY'S AMAZING MOMS

HOW YOU
LOVE, LEAD
(AND
LET LOOSE!)



TAKE
CONTROL
OF
ASTHMA

19

SPEEDY
BREAKFAST
IDEAS



DO
DISNEY
RIGHT
TIPS THAT
SAVE TIME,
MONEY
& TEARS



HOW
TO READ
YOUR
TODDLER'S
MIND



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ON THE COVER

Kate French and her son, Henry, 16 months. Photograph by Colette De Barros. Wardrobe styling by Ashley Zohar for The Wall Group. Prop styling by Carl Dove for Celestine Agency. Hair and makeup by Lauren Lancaster for Art Department. On Kate: Shirt, Alexander Wang. Jeans, Citizens of Humanity. Hat, Broner. On Henry: Shirt and pants, Gap. Hat, J. Crew.

* Subscription questions? Visit us at parents.com/myaccount.

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specific advice as your child grows

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it's all about you

MOMS are having a moment. And I'm not just saying that because it's May, the month of flowers and homemade Mother's Day cards. The Millennial generation, those roughly ages 21 to 38 (depending on which demographer you talk to) is huge—bigger than the Baby Boomers—and moving like a tidal wave through the phase of motherhood. There are already 16 million of you, with lots more to come, and you're reshaping all sorts of things, from the hipness of homemaking (look no further than Pinterest and Brit Morin, whom you'll meet on page 111) to definitions of beauty (pink hair, people!) to the institution of marriage. (You're even reshaping *Parents*. More than a quarter of children under age 1 live in a Hispanic household, so we've recently launched *Parents Latina*, with extras just for you.)



● Not every moment on our set is all smiles! Kate French (with son Henry) wears the latest Millennial mom trademark, a Flash Tattoo (\$22; flashtat.com).



● One of our inspiring Millennial moms: Lisa Hallett, founder of Wear Blue: Run to Remember, and her kids, Jackson, 9; Bryce, 7; and Heidi, 5

Our "You" section this month celebrates the Millennial mom, and no one deserves applause more than the ten mothers we've profiled (see page 110). Whether entrepreneurs breaking new ground in business, celebrities with a cause, or earth-moving nonprofit pioneers, they are using their passions and their power to make the world a better place for moms and families. As the team at *Parents* put this story together we came across lots of other inspiring moms. We look forward to introducing them to you on our pages for months to come.

Dana

Dana Points
dana@parents.com

the *Parents*
team
answers

What is your top cleaning trick?

Because Mother's Day is May 10 but cleaning, alas, happens year-round



I foe a hard line: Food stays in the kitchen. It eliminates a lot of cleaning problems!

Jessica Hartshorn
Senior Lifestyle Editor



I have a white slipcover on my couch that I bleach to get rid of any stains. The whole room feels fresher with a bright-white sofa.

Michaela Garibaldi, Managing Editor



Try this: Fill a spray bottle with one part bleach and two parts water and squirt the mixture on your shower curtain to get rid of mildew. No scrubbing required.

Laura Fenton, Lifestyle Director



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WITH NICOLE KIDMAN AND BEN WHISHAW AS THE VOICE OF PADDINGTON

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— Rolling Stone



"DELIGHTFUL!"

— USA Today



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→ What was the best Mother's Day gift you ever got (or gave)?

A poem my daughter wrote for me when she was 7. She's now 29, and I still have it hanging on my wall.

Deborah Stipek

A photo collage of our dog who had passed away a week before.

Connie Diekman

Being pregnant with my first child on Mother's Day!

Alice Domar

I wrapped my acceptance letter to medical school. My mother always dreamed of me becoming a doctor!

William E. Berger

LESS TIME MUDDLING THROUGH ALLERGIES

MORE TIME NOT CARING IF YOUR FACE GETS STUCK



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SO SWEET YOU
CAN'T HELP BUT CHEW.



parents²parents

seen, heard, shared

PULSE

➔ Mom's Bringing Sexy Back

Esquire named Penélope Cruz “sexiest woman alive.” Christina Aguilera and Alessandra Ambrosio made *Maxim*’s Hot 100 List. What do they have in common? Someone calls them Mommy. Today’s mom may love her yoga pants, but beneath she’s flaunting a new, subtle kind of sexy. Three trends show Mom’s still got it:

➔ **Boudoir Shoots** Moms are posing in these sultry pictures now more than ever, says photographer Robin Owen, of Bushwood, Maryland, who shoots the boudoir portraits. “There comes a point in every mother’s life when she realizes she hasn’t thought about herself in a long time,” Owen says. “She misses feeling sexy like she did before her children were born.” No pressure to lose that baby weight to rock this trend, and the results are stunning.

➔ **Corsets** The *Downton Abbey*-era essential is back in the limelight, thanks in part to celebs like Kourtney Kardashian, who wore a corset in the weeks following childbirth to “waist-train.” Whether you support the hype (or not), there’s no denying corsets’ in-the-moment slimming

and bustline-boosting effects, or how they flatter your mom-earned curves.

➔ **Glam Underthings** Sexy (and super-stylish) nursing bras and matching panties are a *thing* now. Dita Von Teese’s retro-chic line, “Von Follies” for Destination

Maternity, offers high-waisted panties that cover any lingering bulge. Le Mystère’s “Sexy Mama” nursing bra for A Pea in the Pod has a light, discreet lining under beautiful lace because leaks do happen, even to sexy moms. —Sabrina James

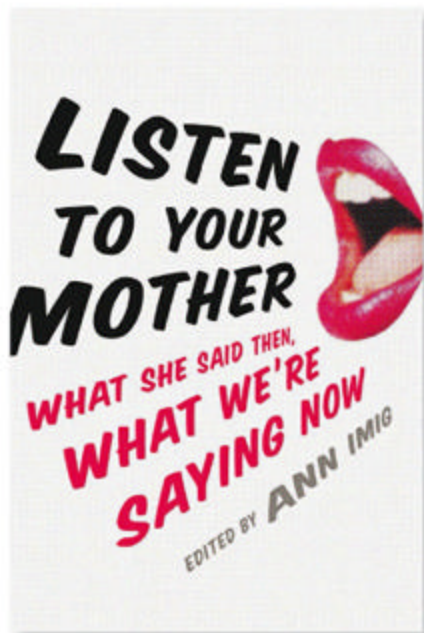


IT'S COME TO THIS Savvy shopping skills allowed a Texas mom to purchase \$10,000 worth of toys, clothing, and books for



MOM MUST-READ

by **Kristen Kemp**
book-club inspiration



visit!
**ListenToYour
MotherShow.com**
has information
on the live
reading events.

During the first two weeks of May, leading up to Mother's Day on May 10, 39 cities nationwide will host live reading events called Listen to Your Mother. For the past five years, parents used this forum to share their stories—no-holds-barred. Archived on the program's YouTube channel, they have had more than 1.1 million viewers. The series was created by popular blogger and stay-at-home humorist Ann Imig, who has now compiled some of the best talks into ***Listen to Your Mother: What She Said Then, What We're Saying Now***. Brimming with essays from quick-witted, unique writers, ranging from new voices to more established ones like Jenny Lawson and Jennifer Weiner, this book covers all parenting territory. Part of it is funny and a lot of it is tear-jerking, but every parent will find something intriguing here, from topics such as gay parenting, special needs, alcoholism, mommy judgment, and more. Even the busiest mom can breeze through an essay while hiding in the bathroom, pretending to take a shower. You may find yourself staying up past your bedtime because this page-turner is so hard to put down.



SITTER-WORTHY

The Age Of Adaline

PG-13; April 24

A car accident has a near-magical effect on Adaline (played by new mom Blake Lively), causing her to stop aging. What initially seems like a gift—a perpetual fountain of youth—becomes a burden as Adaline watches the people whom she loves grow old without her. Years later, keeping her condition a secret, she finally gives herself permission to experience life.

27 WORDS FROM ...

Not Your Average Mom

What the experts say: Change your kids' sheets once a week. What you really do: Change your kids' sheets when they no longer pass the sniff test.

—"What the Experts Say, and What You Really Do," posted on Not-Your-Average-Mom.com

only \$1,500 and donate them to needy families. | A 40-year-old Florida mother and her 20-year-old daughter went into



kindle THE LOVE OF READING

⚠ WARNING

Books contain words. When words are consumed in sentences and stories, your child's brain will grow and develop. Reading may result in a larger VOCABULARY, expanding IMAGINATION or good GRADES. Keep in reach of children.

amazon



LOVE!

Lilly Pulitzer's designs, all full of sunshine, roll into Target on April 19 as a one-time collection. There's everything from \$5 hair bands to a \$150 hammock. Mom's dress, \$44; girl's dress, \$26; target.com

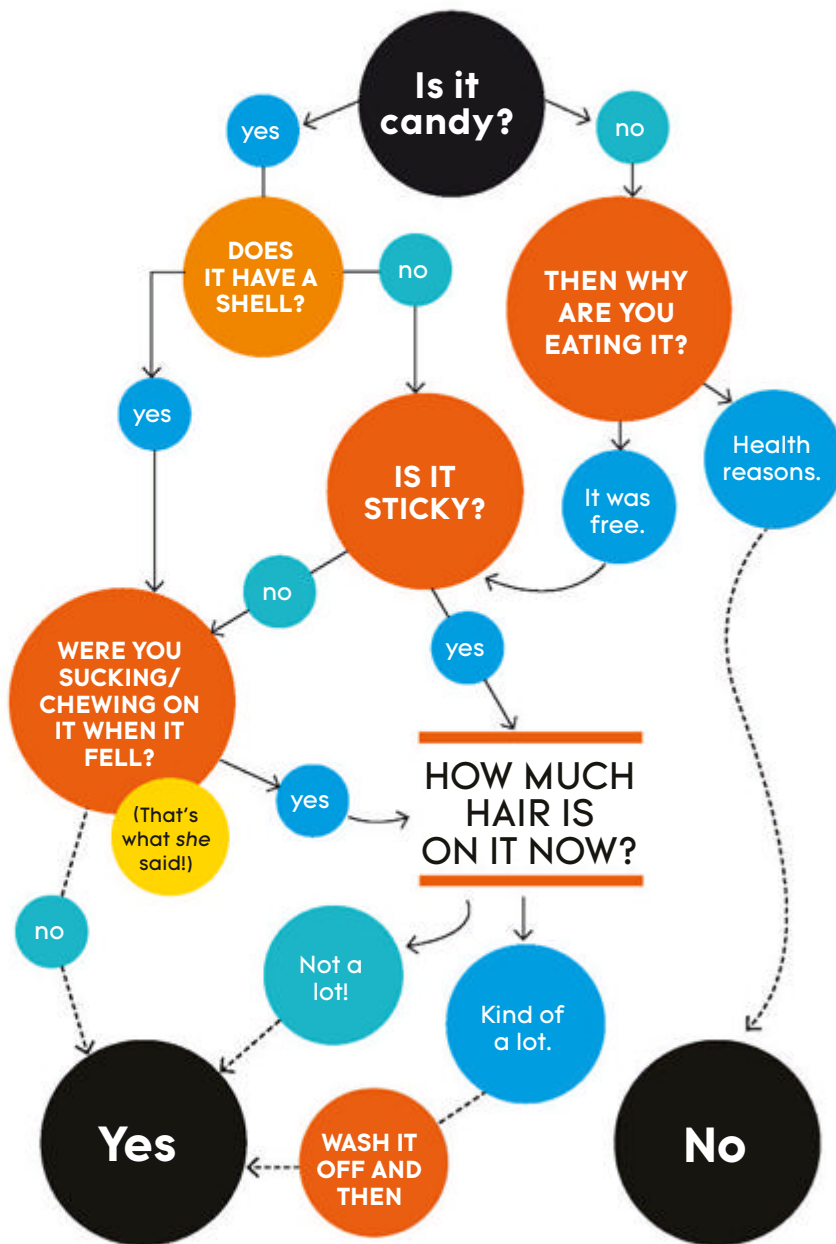
DID YOU KNOW?

Facebook now automatically posts Amber Alerts to the News Feed of users located within search areas.

LOL

You dropped food on the floor ... should you eat it?

Five-second rule? Pshaw! Use this highly scientific method for deciding. by **UNA LAMARCHE**



From *Unabrow: Misadventures of a Late Bloomer*, by Una LaMarche, to be published on March 31, 2015, by Plume, an imprint of Penguin Publishing Group, a division of Penguin Random House LLC. Copyright © 2015 by Una LaMarche.

labor and gave birth in the same hospital on the same day. | A Maryland school district removes all religious holidays from its

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WHO ASKED YOU? (WE DID!)

🗳️ **Is it okay to throw a grandparent shower?** You're not the only one excited for the baby to arrive. Your mom and dad are thrilled for their parental promotion as well. So much so that some grandparents are throwing parties of their own to celebrate the new baby with friends. Find out how you answered this month's **Parents.com** poll:



"This is ridiculous. The grandparents already had their babies (and showers)." —Kirsten Gravely Moss

"Should day-care providers get a shower too?"
—Nikki Johns Ostergaard

"I think it would be fun for the grandparents. I would throw my kids' grandparents a surprise shower with their friends!"
—Naomi Flonnory

"Grandmas are so excited and want to share the fun with their friends, too! It's not always about the gifts."
—Michaela Kidd

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calendar after Muslim community leaders ask to add the holy day Eid al-Adha.

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map it out On your next walk together, make getting there half the fun. Start by printing a map of your neighborhood and drawing a circle around your home. Select a destination along the way, marking it with an X. Then let your child play navigator and see if she can guide you to the X'd spot. Encourage older kids to select a destination and create a path on their own. Happy trails!

stir things up

We know that kids love to play with their food. Encourage it with these pretend-cooking finds.

win!

We give away a toy every day at parents.com/win-toys. For details, see page 167.



HEALTHY CHOICE

New Sprouts Garden Fresh Salad Set, with bowls and tongs, lets kids toss faux veggies. 2 years+, \$25; learningresources.com



ALL YOU CAN TEETHE

Born foodie? Little Toader's AppeTeethers mimic broccoli, baby-back ribs, and more! Birth+, \$10; babiesrus.com



THE RIGHT MIX

"Crack" open mess-free eggs that come with the plush Biofino Mixer Set. 3 to 5 years, \$20; habausa.com



CHEF'S COMPANION

My Creative Cookery Club is a compact kid kitchen with pots, pans, and more. 3 years+, \$130; hape.com



LITTLE BARISTA

Re-create the coffee shop at home when you pull out this Wooden Coffee Maker and order up your Caffè Americano "light and sweet, please!" 3 years+, \$34; potterybarnkids.com

➔ **GET MORE!** Play kitchens come in all sizes, shapes, and price points. Browse our picks at parents.com/toy-kitchens.

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And just like the ad on the previous page, Kraft Mac & Cheese Shapes now have no synthetic colors. We also now have no artificial flavors or preservatives. It's true. All you'll find in a box of Mac & Cheese Shapes are lots of mutated turtles and sponges in square pants and droids from a galaxy far, far away. Enjoy.



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- 1** Always make sure the furniture is securely attached to the wall using the right hardware. Don't forget to use the tip-over restraint provided with the product.
- 2** Always place heavy objects in the lowest drawers.
- 3** Remember to never put a TV or other heavy objects on top of a chest of drawers or any furniture not intended for use with a TV.
- 4** Never let children climb or hang on drawers, doors or shelves.

Get more safety tips and view a tip-over prevention video at
[IKEA-USA.com/saferhomestogether](https://www.ikea-usa.com/saferhomestogether)

downtime finds

new
column!

Our latest favorite kids' media picks



For your bookworm

➔ **Meet the Dullards**, by Sara Pennypacker, is about a family that takes great pride in their boring lives. So when the children lose interest in watching paint dry, the parents panic and quickly move to a new neighborhood.

4 years+, \$18

➔ Andrew Kolb tells a sweet tale about a ball of yarn in **Edmund Unravels**. Our hero often goes exploring, but his family is there to pull him home. 5 years+, \$17

➔ In **It's Only Stanley**, by Jon Agee, noises keep waking up the Wimbledon family—and each time the dad checks it's the dog, fixing the oil tank or clearing a drain. But it turns out that the pooch is actually turning the house into a rocket ship. 4 years+, \$18



For your gamer

Celebrate baseball's return with **MLB 15 The Show**. It features a new radio show and licensed equipment for added realism. Plus, 30 legends from the history of the game will be added to the virtual-player card pool. 6 years+, \$60 for PS4; \$40 for PS3; and \$20 for PS Vita



What's 'Appening?

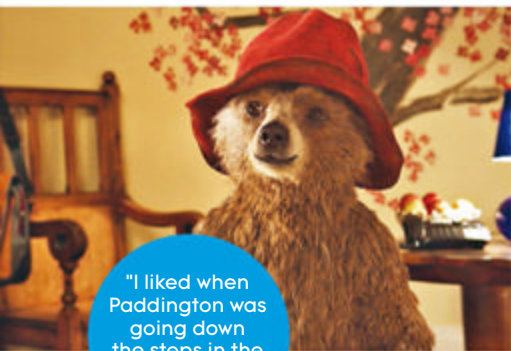
nick jr. Your preschooler can watch full episodes and play educational games with her favorite characters—including Dora the Explorer, PAW Patrol, and Bubble Guppies—with the easy-to-navigate Nick Jr. app. Plus, if you log in with your cable-provider information, she can watch live episodes too. 3 years+, free for iPad

SESAME STREET GO Big Bird and friends can now keep your kid entertained while he's out and about with Sesame Street Go. This app provides full-length TV episodes, games, and more, so you'll never have to hear "Are we there yet?" again. 3 years+, free for iPad, iPhone, iPod touch, and Android with Sesame Street Go membership (\$4 a month or \$30 a year)

For your movie lover

➔ Beloved **Paddington** is coming to DVD. When this little bear finds himself alone in the city, he's lost until he discovers the kindly Brown family. *Rated PG*, \$30

➔ DisneyNature's **Monkey Kingdom** follows Maya and her baby, Kip, who must leave their home in the jungle of South Asia and relocate to a big city. *Not yet rated; opens April 17*



"I liked when Paddington was going down the steps in the bathtub!"
—Grant, 6



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in a nutshell

Kids tired of sandwiches? Spoon the fillings into store-bought pastry cups.

by CATHERINE McCORD

Mini PB & J Cups

Active Time 10 minutes

Total Time 20 minutes

Makes 15 pieces

INGREDIENTS

1 15-count box baked mini phyllo-dough shells (found in the freezer section)

5 Tbs. peanut butter

2½ Tbs. fruit preserves

MAKE IT

1. Thaw shells at room temperature for 10 minutes.

2. Fill each shell with 1 tsp. peanut butter and ½ tsp. preserves. Store, covered, in the refrigerator for up to 24 hours.

NUTRITION PER PIECE

56 calories; 2g protein; 3g fat (1g sat. fat); 5g carbs; 0 fiber; 2g sugar; 0 iron; 3mg calcium; 38mg sodium

seconds!

Stock up on more simple snack ideas for your little ones by going to Catherine McCord's website, weelicious.com.



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KATE GEAGAN,
Registered Dietitian and
Florida OJ Advocate

As a mom and registered dietitian, I know how important high-quality nutrition is to overall health. So when it comes to my family, I make sure they power each day with the Amazing 5 in every serving of 100% Florida Orange Juice. The great taste, vitamin C, potassium and folate give them the good stuff they need to get going. And with no added sugar, it's something I feel great giving them. **When it comes to supporting my family's nutrition goals, I rely on the power of the Amazing 5.**

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Kids love working their way through an obstacle course.

raise a sporty kid

You don't need to be a jock to have an athlete in the family. If you start early and keep it playful, your child will stay active for life. **by ALYSSA SHAFFER**

FROM the moment she could hoist herself up, my daughter Layla has loved to climb. She's as happy hanging from the monkey bars as she is swinging on a doorknob. Her twin brother, Nolan, is far more contemplative. He takes the time to line up a ball before he kicks it and

carefully studies the fastest way to get down a playground slide. But they share one key thing in common: They both love to move.

I'm not trying to raise an Olympic gymnast or a future major leaguer. But in light of our nation's scary childhood-obesity crisis—the rate

more than doubled among children ages 2 to 5 and tripled for 6- to 11-year-olds since 1980—I want to instill in my kids a lasting love of physical activity.

The benefits of promoting athletic skills such as running, jumping, climbing, throwing, and catching go

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well beyond helping kids maintain a healthy weight. “Athletics help a child’s muscles and bones develop properly and stimulate her brain,” says George Graham, Ph.D., former professor of kinesiology at Penn State University in State College, Pennsylvania. One Harvard University study published in the *Journal of School Health* found that kids who are physically fit get higher test scores. Research also suggests that children who play a sport tend to have greater self-confidence, are more likely to stay in school, and have fewer behavioral problems.

Regardless of your young child’s natural talent on the field or the court, the best thing you can do is introduce him to as many physical activities as possible. “One kid may enjoy playing tag while another prefers running after a ball. You never know what’s going to make him happy,” says pediatrician Gwenn O’Keeffe, M.D., the CEO of PediatricsNow.com. Our age-by-age guide will get your child ready for the field, diamond, court, pool, or track—anywhere but the sidelines.

➔ **Babies: Going through the motions**

Your child’s first year is all about mastering new moves, from turning her head to turning your home upside down once she learns to creep, crawl, and eventually walk. “A baby makes tremendous advances in her physical skills and movements, and these will be the foundation of her athleticism as she gets older,” says Dr. Graham.

Make a connection. Help your baby learn to interact with the world. “Ring a bell so she’ll turn her head toward you,” says Dr. O’Keeffe. And when she’s starting to roll over, try talking or singing to give her an incentive to turn toward you.

Let him be free. Most babies spend lots of time in a stroller, swing, play yard, or car seat. “Your child needs a

When Athletic Skills Develop

While every kid is different, physical milestones tend to follow this timeline.

BABY

- ➔ **3 months** Raises head and chest, kicks legs
- ➔ **7 months** Sits up
- ➔ **12 months** Crawls, pulls himself up, cruises

TODDLER

- ➔ **12 to 15 months** Walks
- ➔ **20 months** Runs
- ➔ **2 years** Tracks the path of a moving ball
- ➔ **2 to 3 years** Kicks and catches a small rolled ball

PRESCHOOLER

- ➔ Catches a large ball with two hands and body
- ➔ Pumps a swing
- ➔ Kicks a soccer ball
- ➔ Hits a ball off a tee with a large plastic bat

EARLY GRADE-SCHOOLER

- ➔ Swings from monkey bars
- ➔ Rides a two-wheeler
- ➔ Swims with basic strokes
- ➔ Jumps rope
- ➔ Plays hopscotch
- ➔ Dribbles and shoots at a low basket

chance to let loose in order to master new movements, such as rolling over and pulling up,” says Rhonda Clements, Ed.D., director of the Master of Arts in Teaching in Physical Education and Sport program at Manhattanville College, in Purchase, New York. Place your infant face up in a baby activity gym every day so he can reach for low-hanging objects. And don’t overlook tummy-

time opportunities: Babies need to get used to being on their belly (even if they don’t like it) in order to develop crawling skills. During your baby’s first few months he should have several five- to ten-minute sessions on his tummy every day—though it’s fine if they wind up being shorter at first.

Build her balance. Once your baby can sit up, gently move her from side to side or lift her up and down to boost her sense of stability, suggests Jane Clark, Ph.D., dean of the School of Public Health at the University of Maryland, in College Park.

Try games. Hold up a soft pillow and let your baby kick against it, or put a bright toy just out of reach to coax him to crawl. Check out our exclusive video series at parents.com/playing-with-baby for more activities to get your child moving.

➔ **Toddlers: Play with a purpose**

Once your child is mobile, he’ll start to run, jump, throw, catch, kick, and grasp. But he may get frustrated easily or become bored within a few minutes. That’s why you should focus on short activities that will help improve his agility.

Blow bubbles. What toddler doesn’t love chasing them? And it’s not just fun. When she tries to catch or pop bubbles, she’s practicing her hand-eye coordination as well as her running and jumping skills.

Throw a colorful scarf in the air.

As your child watches it float down toward the ground, he’ll be developing the ability to track an object’s movement, a skill that comes in handy in many sports, from soccer to baseball to tennis.

Have a ball. Kids this age are fascinated by the way balls move, so keep a variety handy (such as a beach ball, a kickball, and a small rubber ball). By playing with them, your child will get a sense of how they roll and bounce.

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Play tunnels keep kids moving—and help boost their agility.

Let her walk on your bed. Stepping across an unstable surface, like a mattress, is a great way to improve balance. So is having her mimic a tripod by placing both hands on the floor and lifting one leg.

Act like an animal. Take turns pretending to be different creatures, and imitate how each one gets around: Try crawling like a kitty, swinging your arms like a chimp, and hopping like a bunny.

➔ **Preschoolers: Fun skill-builders**

By age 3, children usually have greater confidence in their movements and strong opinions about what activities they want to do. Introduce your kid to different sports, and bring along

a friend (a preschooler is more inclined to be active when she has good company).

Create an obstacle course. When hosting a playdate, clear some space in your basement or backyard, and stack objects to jump over or crawl through. Add stuffed animals or toys to run around and a few Hula-Hoops to walk through. Time how long it takes your child and a friend to finish, and challenge them to break the “course record.”

Play balloon ball. Blow up a balloon partway and see whether your child can whack it with a junior racket (or just with his hand). He’s probably not ready to hit a fuzzy yellow ball, but this exercise will improve his hand-eye coordination.

Set up target practice. Place a large basket or an empty garbage can on the floor, and have your child stand a few feet away. See whether she can toss a Nerf ball or a crumpled-up piece of paper into it. As her accuracy improves, have her take two steps back and try again.

Get a jump rope. Your child can’t jump by himself yet, so think of some other fun games to play together. Make a circle with the rope and it becomes an imaginary puddle to leap over. Turn it into a straight line and have him jump over it side to side like a skier tackling moguls. Or see whether he can walk across it like a tightrope to test his balance.

Try a class. Noncompetitive programs in dance, gymnastics, and soccer provide structure and build basic skills. One class all kids should try: swimming. “It’s never too early to get a child comfortable in the water, and by age 4 she may be able to float and start swimming on her own,” says Dr. Clark.

Let him run. “Preschoolers love to chase people and try to get away, and these are great skills to develop for sports like basketball and soccer,” says Dr. Graham. Play tag, have your child run away from “Mommy monster,” or round up a group of his friends for some relay races.

➔ **Grade-schoolers: Getting in the game**

By first grade, most children can gallop, skip, jump, throw, and catch, and their athletic interests are emerging. While it’s fine to let your kid choose his favorite sport, experts say you should encourage him to try a variety of activities at this age. If he idolizes a superstar like LeBron James or Tom Brady, remind him that professional athletes do training beyond their main sport. Focus on fun more than performance, whether it’s joining a flag-football league or just shagging pop-ups in the school yard.



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When you join the action, the kids will have a ball.

Practice jumping. Teach your child to jump rope the easy way. Have him begin with it behind his body and then flip it over his head without jumping. Once he can do that, see whether he can hop over the rope

and flip it around again. Keep going until he can jump a few times in a row without missing.

Do some drills. Set up a soccer ball about 10 feet from a net (or just use two nearby trees) and have your

child try to score goals. Each time she's successful, have her take a few steps back. Or, if you're playing catch, start close to each other and move back until you reach the limits of her throwing range.

Sign up for a team. Check out a local recreational league if your child seems ready for competition. Keep in mind that there is a lot of variation in size and ability at this age, and it's a coach's job to make all of the players feel important. "The emphasis should be on letting every child have fun and participate, not whether the team wins or loses," says Bob Bigelow, a youth-sports reformer and author of *Just Let the Kids Play*. If your kid spends most of his time warming the bench, then the program is probably too competitive for him.

Encourage individuality. If your child is not a natural team player or recoils from competition, find out what types of exercise make her happy—whether it's playing hopscotch, dancing to her favorite singer, or even playing Wii U sports games—and use them to help her stay active. "The bottom line is that you want your child to keep moving and have fun doing it," says Dr. Graham. "The rest will come."

Pick the Right Sport for Your Child

Every parent wants her kid to find a game that's perfect for his personality. How to make the call? Observe the way he plays and moves, and steer him accordingly, says Jordan Metzl, M.D., author of *The Young Athlete: A Sports Doctor's Complete Guide for Parents*.

★ If your child gets along well with other kids, loves running around, and lets off steam by kicking whatever he can: **Try soccer.**

★ If your child dances around the living room, has good balance, and displays upper-body strength on the jungle gym: **Try gymnastics.**

★ If your child likes playing catch and using her toys as projectiles: **Try baseball or softball.**

★ If your child loves taking baths and doesn't panic when water gets in her eyes: **Try swimming.**

★ If your child is always hopping and skipping around and possesses good hand-eye coordination (he can pour his own juice without spilling, for example): **Try tennis.**

★ If your child is always up for bouncing a ball on the driveway, can toss her laundry into the hamper

from several feet away, and is happy to be part of a team: **Try basketball.**

★ If your child slides across the clean kitchen floor without slipping and could play all day outside in cold weather: **Try hockey.**

★ If your child jumps on you when you walk through the door, likes to roughhouse with other kids, and doesn't mind wearing a helmet: **Try football.**

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Do your kids dream of visiting the land of Mickey? We're here to help you score discounts and snag reservations for the most popular attractions so you can **rock your Disney trip!**

by KAREN CICERO



Four months before her trip, Lucia Hurley started planning her family's first overnight to Walt Disney World. "It wasn't soon enough," says the Marathon, Florida, mom. "We were a group of 12, including relatives, and we couldn't get reservations at several restaurants despite the fact that my mom kept checking back. I

was even more bummed that there were no appointments left at Bibbidi Bobbidi Boutique to get my 4-year-old a princess hairstyle."

Lesson learned: Jump on Disney plans early. "If you delay booking your room, meals, and rides, your family will probably miss some things they wanted to do," says Len Testa, author of the *Unofficial Guide to*

Walt Disney World. Besides, Disney rarely offers last-minute discounts, so usually there's no financial upside to waiting if you'll stay on property, adds Don Munsil, president of Mousesavers.com and dad of two. So how far in advance do you need to get the ball rolling? Follow our custom timeline to optimize and organize your trip. Game on!



You can't take strollers inside most attractions, so consider a baby carrier for little ones.



Heads up:
The Pirates of the Caribbean ride will be closed this summer.

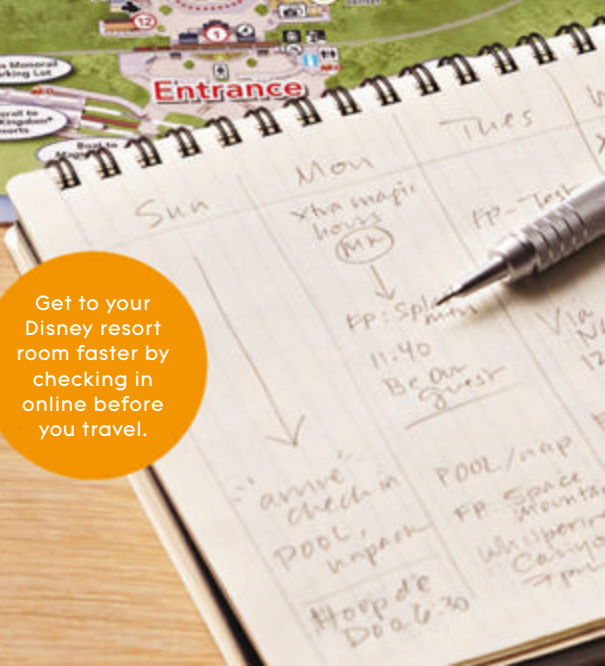


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9-12 months

BEFORE YOU LEAVE

➔ Kick off the planning

With the staggering number of places to stay (26 Disney-owned resorts and Disney Vacation Club options, ten more resorts on Disney property, and hundreds of others in and around Orlando), more than 135 Disney restaurants, and 150-plus rides and experiences, you're going to need a couple of months just to wrap your mind around this trip. Make these tasks your priority:

Narrow down your hotel Disney resorts are generally a little more expensive than comparable options outside the gates, but by staying at one you get a ride to and from the Orlando airport, access to "Extra Magic Hours," when parks are open only to resort guests, and first dibs at dining and ride reservations (more on that later). Another benefit: If you have kids who need to nap, the convenience of being able to more easily return to your room in the middle of the day is practically priceless, says Debra Martin Koma, the editor of *Alleears.net*. Emily Furlani, *Parents* art director, whose kids are 6 and 13, wouldn't do it any other way. "By staying inside the park, we can have downtime by the pool each afternoon, which helps the trip be more relaxing," says Furlani, who

has visited nine times as a mom. Testa suggests ID'ing two hotels that best fit your budget, plus one that's 20 to 30 percent above your current price range, in case you find a deal. (Furlani's fave: Disney's Wilderness Lodge, for its boat launch to Magic Kingdom and its low-key vibe.) But if you plan to visit other Orlando theme parks, such as SeaWorld or Universal Studios Florida, consider staying off property and renting a car. "You can offset the cost of your car rental with the money you'll save not having to eat at Disney for every meal," says Munsil. One new option: The B Resort & Spa, which is located about ten minutes from the Magic Kingdom, SeaWorld, and Universal. It offers rooms with bunk beds, has a fun pool with water features plus a family game room,

and starts at \$149 per night in the spring and summer.

Determine how long to stay

Two schools of thought on this for first-timers: Munsil advises taking a four-day introductory trip to get a feel for each park, then coming back a year or two later for your blow-out vacation. "It's hard to know what will appeal most to your family until you get there," he says. "You may think the kids will be all into the characters and they might just want to ride, ride, ride, or spend part of every day at the hotel pool." On the other hand, Testa thinks you'll be tempted to cram too much into every day on such a short trip. "Plus, your airfare and ticket prices for four and seven days will be about the same," he says. "Your cost per day decreases the more you stay." Testa also notes that his satisfaction surveys show that the happiest families took longer Disney trips.

Start pricing airfare It's unlikely that you'll find "the deal" nine months out, but you will get a general sense of the cost. Search flights on Kayak.com; it will tell you whether airfare is dropping or rising. If you have any wiggle room in your dates, use the "three days before" and "three days after" function on the site to look for



THE CHEAPEST YOU CAN DO WALT DISNEY WORLD

Brace yourself: We asked Munsil to run the numbers on two adults and two kids (under 10) flying to Orlando during the "value season" (mid-January to mid-February or mid-August to mid-September) and staying in the lowest-cost Disney hotels: the All-Star Resorts or Pop Century Resort. (If you throw in character meals, souvenirs, and a hotel upgrade, you could spend two to three times as much, he says.)



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the best price. Generally, flying in and out on a Wednesday is cheapest. Once you know the likely airfare and hotel costs, you can come to terms with your budget. “Many travel agents have told me their clients are surprised by the expense—they knew it was going to be pricey, but not *that* expensive,” says Testa.

Sign into My Disney Experience

Download the app (free for Apple and Android) or, on the computer, log on to MyDisneyExperience.com and set up a profile. When it comes time, use the service to link Disney hotel reservations, reserve meals, customize MagicBands, note flight times, and choose your FastPass+ experiences. Once you’re in a park, you can use the app to check wait times, find characters, and see the start for parades and fireworks.

7-8 months

BEFORE YOU LEAVE

➔ Make some of your key decisions

In a couple of weeks you’ll be able to book dining. If a reservation at the hot Be Our Guest Restaurant or a coveted table with a view at ‘Ohana during the fireworks is on your must-do list, start with the first tip below; otherwise jump ahead to the second one.

Reserve a Disney room Think of it as a placeholder. You can cancel or change most hotel-only reservations within five days of arrival without paying a penalty. “If you’re staying at a Disney hotel, make your dining reservations 180 days in advance of the first day of your trip, plus book tables for ten subsequent days,” says AJ Wolfe, founder of *The Disney Food Blog* and mom of a 22-month-old. “If you’re staying off property, you can’t make the subsequent-day reservations—you have to book one

day at a time.” (The one exception: No matter where you’re staying, the only time you can make reservations at Cinderella’s Royal Table, another popular Magic Kingdom spot, is 180 days in advance.)

Sketch out your ideal plan for the parks Coordinate which restaurants fit best with your park schedule, rather than vice versa, although you may have to make some concessions if you want to eat at the most popular places. Where to begin? “We started and ended in the Magic Kingdom,” says Tyra Haag, a mom of three from Knoxville, Tennessee. “We went to Hollywood Studios and Animal Kingdom on the middle days.” Aalap Shah, of Chicago, who stayed for nearly a week, suggests you can skip Epcot if you only have a toddler. “After half a day there with my 2-year-old, I took the monorail back to Magic Kingdom,” he says. “She loved the parades and *Frozen* princesses far better than anything at Epcot.” (However, Epcot—with its cool Test Track and Soarin’ rides, plus the Disney Phineas and Ferb Agent P’s World Showcase Adventure experience—is great for kids ages 5 and up, notes Testa.)

My Disney Experience shows which parks are open early or staying open later for resort guests when you’re visiting. (All Disney-owned properties plus Walt Disney World Swan & Dolphin and the Hilton in Downtown Disney are eligible.) Use this to your advantage. “Our kids, ages 7 and 9, are big *Star Wars* fans, so they wanted to do the Jedi training in Disney’s Hollywood Studios, but sign-ups are first come, first served. Our strategy was to do it on the day when the park had morning Extra Magic Hours,” says Heidi McIndoo, from Framingham, Massachusetts. “We walked directly to the attraction and even though some time slots were already taken, we were able to grab one of the few remaining.”



Disney With a Big Family

I’ve done Disney dozens of times, this last trip with my newly hip-replaced mom and just-walking niece. How we rocked it:

★ I collected everyone’s bucket-list items and used My Disney Experience to plot. Not everyone wanted to log in, so I’d send periodic screenshots via e-mail to ask, “How is this looking?”

★ We all roomed together. A villa at Disney’s Animal Kingdom Kidani Village was cheaper than three rooms and gave us great morning and evening hang time.

★ Buffets please a crowd but are costly. (\$250 for us! Shout-out to Grandma for paying those tabs.) The baby was free, but my 12-year-old counted as an adult, and an 18 percent gratuity is added for groups of six or more.

★ Happy accident: Our one room-service meal was the cheapest. We already had drinks and desserts and easily skipped appetizers.

★ Ride reservations kept us together. Large parties can’t move nimbly (someone is always stopping to pee or shop) but spacing FastPass+ experiences about an hour and a half apart kept us going for the same goals. —Jessica Hartshorn

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Warning: *May cause envious looks from other parents.*

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Get On More Rides With FastPass+

Disney lets you book three FastPass+ reservations per day, which give you access to shorter lines. Once you've used those you're allowed to make more from stations in the park. "Don't schedule any for the evening, so you can take advantage of extras," says Len Testa, founder of the Lines app (\$13 for an annual subscription), which offers up-to-the-minute wait times, crowd calculators, and suggested schedules. Here, he tells you which rides are the best to reserve.



MAGIC KINGDOM PARK

✓ Book it

Seven Dwarfs Mine Train, Splash Mountain,
 ← Space Mountain, Enchanted Tales With Belle, Big Thunder Mountain Railroad, Peter Pan's Flight

✗ Wing it

The Magic Carpets of Aladdin, It's a Small World, Mad Tea Party, Mickey's PhilharMagic, Monsters, Inc. Laugh Floor, The Barnstormer



DISNEY'S HOLLYWOOD STUDIOS

✓ Book it

Star Tours—The Adventure Continues,
 ← Toy Story Midway Mania!, For the First Time in Forever: A Frozen Sing-Along, Fantasmic!

✗ Wing it

Lights, Motors, Action! Extreme Stunt Show, Rock 'n' Roller Coaster Starring Aerosmith



DISNEY'S ANIMAL KINGDOM

✓ Book it

Kali River Rapids, Meet Favorite Disney Pals at Adventurer's Outpost
 ← Kilimanjaro Safaris

✗ Wing it

Festival of the Lion King, Finding Nemo—The Musical, It's Tough to Be a Bug!



EPCOT

✓ Book it

Spaceship Earth, Soarin' or Test Track (Disney only allows you to pick one), The Seas With Nemo & Friends,
 ← Turtle Talk With Crush

✗ Wing it

Captain EO, Journey Into Imagination With Figment, Epcot Character Spot, Mission: Space

180 days

BEFORE YOU LEAVE

➔ Book your tables

You can get a sense of what's going to be the most difficult by using My Disney Experience and searching for reservations on dates that are just slightly earlier than yours. Some other things to consider:

Prioritize a Be Our Guest

Restaurant reservation "It's by far the hardest one to get," says Testa. "Up your chances by booking at 6 A.M. EST on your first eligible day and trying for a date toward the end of your trip; fewer people would qualify to reserve on that day."

Settle for any party size If you can't get your family of five into the restaurant you want the most, try for a table of four. "As long as you're in the system, the restaurant will try to accommodate your change in party size on-site," says Testa. "I've often gone from a group of four to eight, for instance, without a problem."

If you book a late time, show up early Most restaurants will try to seat you sooner if you arrive before your scheduled time. Fair warning: Arriving after a missed reservation doesn't work so smoothly!

Don't overlook resort

restaurants Ideal for breakfast or a late dinner, they're often less crowded than places to eat inside the parks. At the recently renovated Polynesian Village resort, Wolfe recommends 'Ohana. "I love that the breakfast there is family-style rather than buffet so we don't have to keep getting up from the table with our toddler," she says. If you're looking for dinner after a day in the Animal Kingdom, she suggests Sanaa at Animal Kingdom Lodge. "My son stared out the floor-to-ceiling windows at the animals



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new



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moisturizes



while my husband and I lingered over our meal,” she says. If Italian food is your family’s favorite, try the new Trattoria al Forno, at Disney’s Boardwalk Resort. The restaurant makes its own mozzarella cheese and pasta; it also always uses gluten-free breadcrumbs in dishes such as the meatballs and chicken parmesan.

4-5 months

BEFORE YOU LEAVE

➔ Settle on your hotel

Even if you already booked a place in order to get a jump on dining plans, it’s time to firmly commit.

Look for deals Scope out Disney’s discounted promotions about four to six months in advance of the season when you’d like to stay, says Munsil. (For instance, last winter Disney offered 10 to 30 percent off rooms at most resorts for a spring stay.) If you booked a full-price room, he says you can now call to switch to the promotional price. Or if you were comfortable with spending that amount of money, you might be able to upgrade to a different resort or a more spacious room without adding to the total cost. Buying your hotel, dining plan, and park tickets together may not save you more money than buying them individually—and you’d have to cancel within 45 days of arrival or you may face a penalty, says Munsil. Figure the costs for each before you commit to a bundled deal.

Ponder the dining plan If you’re staying at a Disney resort, you can pay a fixed price for your meals and snacks in advance so you’ll have to shell out little or nothing while you’re there. While about a third of eligible visitors opt for one of the five plan choices, some experts think you might spend less on food if you simply pay as you go, in part because you

wouldn’t necessarily order dessert with every lunch and dinner, and the dining plans allow for that. “We do the math every year, and you have to get the most expensive meals at each restaurant and order every included course for you to seriously save money by using the dining plan,” says Wolfe. What if Disney promotes a discounted dining plan, or even offers one for free? Munsil cautions that you should still price out your options; if you’re getting a deal on the meal plan, you’re probably paying full price for your hotel room.

30-60 days

BEFORE YOU LEAVE

➔ Time to schedule your favorite rides

If you’re staying at a Disney resort and have bought your tickets, you can book three Disney experiences 60 days in advance so you don’t have to wait in the full line. Otherwise, you can book them 30 days ahead of time. See “Get On More Rides,” page 48, for the best FastPass+ picks.

3-4 weeks

BEFORE YOU LEAVE

➔ Tie up loose ends

Your trip is just around the corner. Just a few more things to do!

Customize your MagicBands

Each member of your party will receive one of these personalized rubber bracelets if you’re staying on Disney property. It serves as a room key, park ticket, FastPass+ holder, and more. Now’s the time to finalize each band’s color and add a name; they’ll all be mailed to you. Our video at parents.com/magicbands shows how they work.

Order groceries Disney allows you to bring food and drinks (as long as they’re not in coolers) into the parks,



Stressed About All This Planning? Go to Disneyland!

I cashed in airline miles at the last minute for a trip to Southern California last August and spent two days in Disneyland with my husband and daughter, who was 11 (above). We booked only a single meal about two weeks in advance—dinner at Storyteller’s Cafe—and didn’t FastPass anything while we were there, yet we saw and did more in a day than we ever managed at Magic Kingdom. The reason: Everything is so close together! You can ride It’s a Small World, take a spin on the teacups, scream on the Matterhorn Bobsleds, and feel like you barely moved. (Disneyland also doesn’t offer advance FastPasses so there’s no pressure to choose rides two months before your trip.) During our entire stay at Disneyland and its sister park next door, California Adventure, we only waited longer than 15 minutes for two experiences: Radiator Springs Racers (it looks like it’s right out of the movie *Cars*) and to meet Thor from Marvel’s *The Avengers*.

—KC



VACATIONS HAPPEN. Be Prepared.

BEING PREPARED MEANS HAVING A PLAN TO:

- Avoid known allergens
- Know what symptoms to watch for
- Use an EpiPen® (epinephrine injection) Auto-Injector if a life-threatening (severe) allergic reaction occurs
- Get emergency medical help right away

HAVE EPIPEN® AUTO-INJECTORS WHEREVER YOU MAY NEED THEM

Family vacations can be full of surprises, so have access to two EpiPen® Auto-Injectors wherever you go. Why two? Because 1 in 5 people will need a second dose of epinephrine to treat a severe reaction. If a third dose is required for a single episode, it should be administered only under direct medical supervision.

SPECIAL OFFER:

Eligible patients can get up to 6 EpiPen® Auto-Injectors for as little as \$0. Restrictions apply. Download your savings card and see the complete Terms and Conditions at epipen.com/savings



Remember to keep your EpiPen® Auto-Injectors at room temperature (68° to 77°F). They should not be stored in extreme heat or cold.

IMPORTANT SAFETY INFORMATION

EpiPen® and EpiPen Jr® Auto-Injectors contain a single dose of epinephrine, which you (or your caregiver or others who may be in a position to administer EpiPen® or EpiPen Jr®) inject into the middle of your outer thigh (upper leg) (through clothing, if necessary). Get emergency medical help right away. You may need further medical attention. Only a health care professional should give additional doses of epinephrine if you need more than two injections for a single anaphylactic episode. **DO NOT INJECT INTO YOUR VEINS, BUTTOCKS, FINGERS, TOES, HANDS OR FEET.** In case of accidental injection, please seek immediate medical treatment. Epinephrine should be used with caution if you have heart disease or are taking certain medicines that can cause heart-related (cardiac) symptoms.

Tell your doctor if you have certain medical conditions such as asthma, depression, thyroid disease, Parkinson's disease, diabetes, high blood pressure or heart disease, have any other medical conditions, are pregnant or plan to become pregnant, or are breastfeeding or plan to breastfeed. Be sure to also tell your doctor all the medicines you take, especially medicines for asthma. **If you have certain medical conditions, or take certain medicines, your condition may get worse or you may have longer lasting side effects when you use EpiPen® or EpiPen Jr®.**

The most common side effects may include increase in heart rate, stronger or irregular heartbeat, sweating, nausea or vomiting, difficulty breathing, paleness, dizziness, weakness, shakiness, headache, apprehension, nervousness or anxiety.

IMPORTANT SAFETY INFORMATION *(continued)*

These side effects may go away if you rest. **Tell your health care professional if you have any side effect that bothers you or that does not go away.**

INDICATIONS

EpiPen® (epinephrine injection) 0.3 mg and EpiPen Jr® (epinephrine injection) 0.15 mg Auto-Injectors are for the emergency treatment of life-threatening allergic reactions (anaphylaxis) caused by allergens, exercise, or unknown triggers; and for people who are at increased risk for these reactions. EpiPen® and EpiPen Jr® are intended for immediate administration as emergency supportive therapy only. Seek immediate emergency medical help right away.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

For additional information, please contact us at 800-395-3376.

Please see Brief Summary of full Prescribing Information on the adjacent page.



LIFE HAPPENS. Be Prepared.®

BRIEF SUMMARY OF PATIENT INFORMATION

Please read this information before using EpiPen® or EpiPen Jr® Auto-Injector and each time you get a refill. Consult the Patient Information and Instructions for Use. You, your parent, a caregiver or others who may be in a position to administer EpiPen® or EpiPen Jr® Auto-Injector, should know how to use it before you have an allergic emergency. This information does not take the place of talking with your health care professional about your medical condition or your treatment. If you have any questions, ask your health care professional.

What is the most important information I should know about the EpiPen® and EpiPen Jr®?

1. EpiPen® and EpiPen Jr® contain a medicine used to treat allergic emergencies (anaphylaxis). Anaphylaxis can be life-threatening, can happen within minutes, and can be caused by stinging and biting insects, allergy injections, foods, medicines, exercise, or unknown causes. Symptoms of anaphylaxis may include:
 - trouble breathing
 - wheezing
 - hoarseness (changes in the way your voice sounds)
 - hives (raised reddened rash that may itch)
 - severe itching
 - swelling of your face, lips, mouth, or tongue
 - skin rash, redness, or swelling
 - fast heartbeat
 - weak pulse
 - feeling very anxious
 - confusion
 - stomach pain
 - losing control of urine or bowel movements (incontinence)
 - diarrhea or stomach cramps
 - dizziness, fainting, or “passing out” (unconsciousness)

2. Always carry your EpiPen® or EpiPen Jr® with you because you may not know when anaphylaxis may happen.

Talk to your health care professional if you need additional units to keep at work, school or other locations. Tell your family members, caregivers and others where you keep your EpiPen® or EpiPen Jr® and how to use it before you need it. You may be unable to speak in an allergic emergency.

3. When you have an allergic emergency (anaphylaxis):

- **Use EpiPen® or EpiPen Jr® right away.**
- **Get emergency medical help right away.** You may need further medical attention. You may need to use a second EpiPen® or EpiPen Jr® if symptoms continue or recur. Only a health care professional should give additional doses of epinephrine if you need more than 2 injections for a single anaphylaxis episode.

What are EpiPen® and EpiPen Jr®?

- EpiPen® and EpiPen Jr® are disposable, prefilled automatic injection devices (auto-injectors) used to treat life-threatening, allergic emergencies including anaphylaxis in people who are at risk for or have a history of serious allergic emergencies. Each device contains a single dose of epinephrine.
- EpiPen® and EpiPen Jr® are for immediate self (or caregiver) administration and do not take the place of emergency medical care. You should get emergency help right away after using EpiPen® and EpiPen Jr®.
- EpiPen® and EpiPen Jr® are for people who have been prescribed this medicine by their health care professional.
- The EpiPen® Auto-Injector (0.3 mg) is for patients who weigh 66 pounds or more (30 kilograms or more).
- The EpiPen Jr® Auto-Injector (0.15 mg) is for patients who weigh about 33 to 66 pounds (15 to 30 kilograms).
- It is not known if EpiPen® and EpiPen Jr® are safe and effective in children who weigh less than 33 pounds (15 kilograms).

What should I tell my health care professional before using the EpiPen® or EpiPen Jr®?

Before you use EpiPen® or EpiPen Jr®, tell your health care professional about all your medical conditions, but especially if you:

- have heart problems or high blood pressure
- have diabetes
- have thyroid problems
- have asthma
- have a history of depression
- have Parkinson's disease
- have any other medical conditions
- are pregnant or plan to become pregnant. It is not known if epinephrine will harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known if epinephrine passes into your breast milk.

Tell your health care professional about all the medicines you take including prescription and over-the-counter medicines, vitamins and herbal supplements.

Tell your health care professional of all known allergies.

Especially tell your health care professional if you take certain asthma medicines.

EpiPen® or EpiPen Jr® and other medicines may affect each other, causing side effects. EpiPen® or EpiPen Jr® may affect the way other medicines work, and other medicines may affect how EpiPen® or EpiPen Jr® works. Use your EpiPen® or EpiPen Jr® for treatment of anaphylaxis as prescribed by your health care professional, regardless of your medical conditions or the medicines you take.

What are the possible side effects of the EpiPen® and EpiPen Jr®?

EpiPen® and EpiPen Jr® may cause serious side effects.

- **The EpiPen® or EpiPen Jr® should only**

be injected into the middle of your outer thigh (upper leg). Do not inject the EpiPen® or EpiPen Jr® into your:

- veins
- buttocks
- fingers, toes, hands, or feet

If you accidentally inject EpiPen® or EpiPen Jr® into any other part of your body, go to the nearest emergency room right away. Tell the health care professional where on your body you received the accidental injection.

If you have certain medical conditions, or take certain medicines, your condition may get worse or you may have longer lasting side effects when you use your EpiPen® or EpiPen Jr®. Talk to your health care professional about all your medical conditions.

Common side effects of EpiPen® and EpiPen Jr® include:

- fast, irregular or “pounding” heartbeat
- sweating
- headache
- weakness
- shakiness
- paleness
- feelings of over excitement, nervousness or anxiety
- dizziness
- nausea or vomiting
- breathing problems

These side effects may go away with rest.

Tell your health care professional if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of the EpiPen® or EpiPen Jr®. For more information, ask your health care professional or pharmacist.

Call your health care professional for medical advice about side effects.

General information about the safe and effective use of EpiPen® and EpiPen Jr®:

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information Leaflet. Do not use the EpiPen® or EpiPen Jr® for a condition for which it was not prescribed. Do not give your EpiPen® or EpiPen Jr® to other people.

Important Information

- If an accidental injection happens, get medical help right away.

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BLOGGER
ROO CIAMBRIELLO
writes about eczema and allergies on her blog: scratchorsniff.com

Here, she shares her experiences treating and coping with her children's eczema.

As a child, I wore long sleeves to cover my eczema and hated sitting still while my mother applied steroid cream.

So when two of my three daughters were diagnosed with the same skin condition, I wanted to do whatever I could to protect them from suffering.

In addition to eczema, Remmy, now 6, and Sophie, now 5, were diagnosed with a long list of food allergies. Their skin improved once we changed their diets, but they still have occasional eczema flare-ups. Thankfully, we've found ways to keep their symptoms at bay such as lathering them in lotion, dressing them in organic cotton pajamas, and spot treating flare-ups.

Eczema is totally manageable as long as you have the right tools, which is great because I'd much rather my kids focus on the things that count—like enjoying their childhoods. And maybe putting their shoes away."

For more information on Skinfix products and eczema treatment, go to Skinfixinc.com

fun ● going places

so pack snacks and a water bottle, which you can re-fill at water fountains. Also consider eating some breakfasts in your hotel room. "We preordered from GardenGrocer.com and scheduled the delivery for our arrival day. We got five days' worth of breakfast food, portable snacks, plus diapers and wipes for my baby niece," says *Parents* entertainment editor Jessica Hartshorn.

Pack Don't forget your MagicBands and Magical Express tickets that

WIN
\$25,000 towards
a dream trip!
Enter daily at parents.com/25kvacation.
See page 167 for rules.

were sent to you if you're staying at a Disney hotel; the latter give you a free bus ride to and from the airport.

Get the family psyched You're going to Disney World!

Dealing With a Disney Disaster

As with any well-laid plan, there's bound to be a hiccup or two. Handle what's thrown at you.

HORRIBLE WEATHER

 *Parents* executive editor, Chandra Turner, and her family trekked through Magic Kingdom last November during torrential rain. "The park's ponchos were good (\$8.50 for adults, \$7.50 for kids), but I wish I had packed extra socks so our feet weren't cold and wet," she says. She was able to use the weather to her advantage: Her family scored a last-minute reservation at The Crystal Palace lunch with Winnie the Pooh and went on Splash Mountain over and over again without waiting. "We were wet anyway, so we thought, 'Why not?'" Keep in mind that Disney closes outdoor rides during lightning. However, you might be able to cancel dining reservations without a penalty in extreme weather, says Testa.

LOST MAGICBAND

 No biggie! Deactivate it on My Disney Experience. Then go to a theme park's Guest Relations desk or the concierge at your hotel for a replacement. Don't worry—your FastPass+

experiences won't be lost, and since you have to enter a PIN to make a credit-card purchase or use your meal plan, no one will be draining your account.

ILLNESS & INJURY

 First-aid centers at the theme parks can handle most common problems. "They have the wildest collection of bandages I've ever seen," says Testa. "They even worked with a company to develop ones that will fit between the toes when you're wearing flip-flops." If you've booked a restaurant reservation and getting sick or hurt makes you miss it, you most likely won't be charged the no-show penalty if you call and explain the situation.

DEAD PHONE

 Can't access the Disney apps with your plans because your battery ran out? Disney's Magic Kingdom has two charging stations—one at Storybook Circus near Disney Jr. and the other in the new Rapunzel's Tower restrooms near the It's a Small World ride.

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APOTHECARIER

quirky quotes from kids

MARIE, 3 We were driving home when we saw some deer on the side of the road. I explained to my daughter that boy deer have horns. She immediately became irritated and sternly said, “No! Deer do not have horns. Cars have horns!” **Carol Kohl; Swoyersville, PA**

AIDAN, 3 I asked my son where his baseball was. When he told me it was in the basement, I asked what it was doing there. Aidan replied, “Nothing. It’s just a baseball, Daddy.” **Tom Shields; Collegeville, PA**

ERIK, 9 My sister called and greeted my son by saying, “Hi Erik, what’s cookin’?” Erik replied, “I think my mom has a chicken in the oven.” **Jackie Aronson; Millbrae, CA**

MAYA, 2 My daughter’s foot fell asleep and she explained what had happened by saying, “My foot went to bed without me.” **Ashley Berndsen; Hebron, KY**

ETHAN, 5 One day my son pulled a kid’s chair up to the coffee table. It looked like a tight squeeze, so I asked him if the chair was getting too small for him. He responded, “No. My butt’s getting too big.” **Elvia Rigsby; Oroville, CA**

ABBY, 6 We were passing by a cemetery when my daughter asked me, “Mom, how long are those people going to stay stoned?” **Jenny Farmer; Knoxville, TN**



crack us up & win!

Your funny story could appear on this page and you could win a \$50 gift card from Gymboree. Plus, you could also win the Parents Best of Bloopers grand prize—a \$500 gift card from Gymboree. Find out how to enter and see the abbreviated rules on page 167.

StainGuide



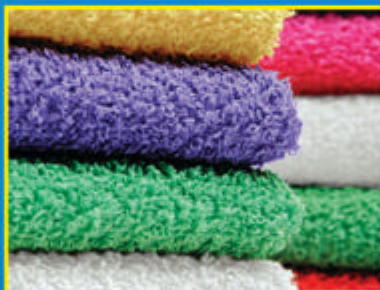
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Dirty Sports Uniforms

Pre-Soak Tough, Dried-In Stains!

Dissolve **OxiClean™ Versatile Stain Remover** powder with warm water and soak item for 1-6 hours for superior stain removal. Soak for 6 hours for best results.



Brighter Colors & Whiter Whites

Add a Scoop to Every Load!

Add **OxiClean™ Versatile Stain Remover** to every load of laundry to boost your detergent's cleaning power!

- Helps to Prevent Colors from Fading
- Whites Get Whiter & Colors Stay Brighter
- Better Stain Removal



Muddy Canvas Shoes

Pre-Soak Tough, Dried-In Stains!

Dissolve **OxiClean™ Versatile Stain Remover** powder with warm water and soak item for 1-6 hours for superior stain removal!

Refer to product label for specific directions.
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Say NO to Sodium benzoate,
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Sodium diacetate.
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Cracked Pepper or Sriracha.
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NATURAL CHOICE.com



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QT is the best
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give your kid.



be cautious of rewards Kids whose parents reward good behavior with presents grow up to be more materialistic than kids whose parents don't, research from the University of Missouri found. Same goes for children who are disciplined by having their "stuff" taken away—the punishment may make possessions in general seem more precious over time, says study coauthor Marsha Richins, Ph.D.

55%

The percentage of infants put to bed with soft blankets or covered by a comforter, even though it raises the risk of suffocation or sudden infant death syndrome, according to a study in *Pediatrics*.



An easy test can help you plan for your next child.

A simple way to screen for genetic disorders

Even if you already have a healthy child, you and your partner might want to get screened for genetic diseases before your next pregnancy. JScreen, a national at-home genetic-testing service based at Emory University, in Atlanta, determines whether either of you are carriers

of any of the 80-plus disorders it screens for, and how likely it is that you'll pass them on to your next baby. The process: After you register online and get approval from your doctor, you receive a saliva kit. Provide a sample and ship the box to the testing facility; about three weeks later, a genetic counselor will call to explain the results and discuss any options. \$99 per person (with insurance); jscreen.org

TWEET YOU NEED

I'm a fan of healthy snacks for kids, but usually not within two hours before or after a meal.

— Alan Greene, M.D. @DrGreene

Q Can my 3-year-old get her second MMR shot early? We'll be traveling and I'm worried she'll catch the measles.

A Yes! The Centers for Disease Control and Prevention usually recommends that children receive their first shot between 12 and 15 months old and the second shot between 4 and 6 years old. But the latter dose can be given as early as 28 days after the first—and in light of the recent measles outbreak, it may be advised, says pediatrician and *Parents* advisor Ari Brown, M.D. Roughly 95 percent of kids will be fully immunized after the first shot. For most children who aren't, the second dose will take them up to 99 percent protection, says Dr. Brown. Babies can also receive the first shot between 6 and 11 months old if there's a known outbreak of measles or if they're traveling overseas, but they will still require the two regularly scheduled doses later on—one between 12 and 15 months and a second one at least 28 days later.

It's safe to get her MMR vaccine early.



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A pediatric orthopedist can advise if your child needs a cast.

Breaking news

When your kid fractures a bone, an E.R. or urgent care is likely your first stop. But pediatric breaks may be treated incorrectly in an astounding 93 out of 100 cases at these facilities, according to a new study by pediatric orthopedist Joshua Abzug, M.D. He and his colleagues found that splints used by emergency docs were either too long or too short in 50 percent of cases, and wrappings were applied wrong in nearly 80 percent. The mistakes didn't cause major complications, but proper splinting

and wrapping is important because it reduces pain and swelling, and speeds healing by preventing the bone from moving, says Dr. Abzug. Consider having a pediatric orthopedist double-check the splinting after an E.R. or urgent-care visit. And watch for signs of a problem: "Increasing swelling or pain after treatment are clues that something more serious is going on, such as compartment syndrome—a condition where excessive swelling can lead to permanent muscle damage," he says.

70%

The percentage of kids under age 6 whose parents have never filled out a developmental-screening questionnaire, found the National Kids Count report. The American Academy of Pediatrics recommends that these be given at every well visit starting at 9 months old, so ask your doc if you don't get one.



Germ haven

This is enough to make any parent shudder: Kitchen and bathroom hand towels are two of the germiest items in your entire home, according to a recent study by Charles Gerba, Ph.D., professor of microbiology and environmental studies at the University of Arizona, in Tucson. In fact, almost nine out of ten cloths studied tested positive for fecal bacteria such as *E. coli*. Yuck! The moist-cloth environment helps bacteria multiply quickly. His advice: Wash dish and hand towels every two days or so. "Another option is to use paper towels in the restroom and the kitchen, especially for small kids," Dr. Gerba suggests. "It might not sound eco-friendly, but if your family ends up sick with diarrhea, you'll use a ton of toilet paper!"

That towel's not as great as it looks.



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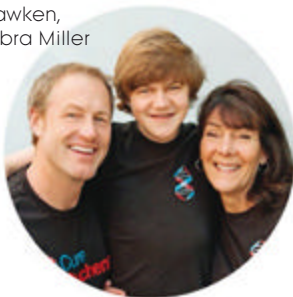
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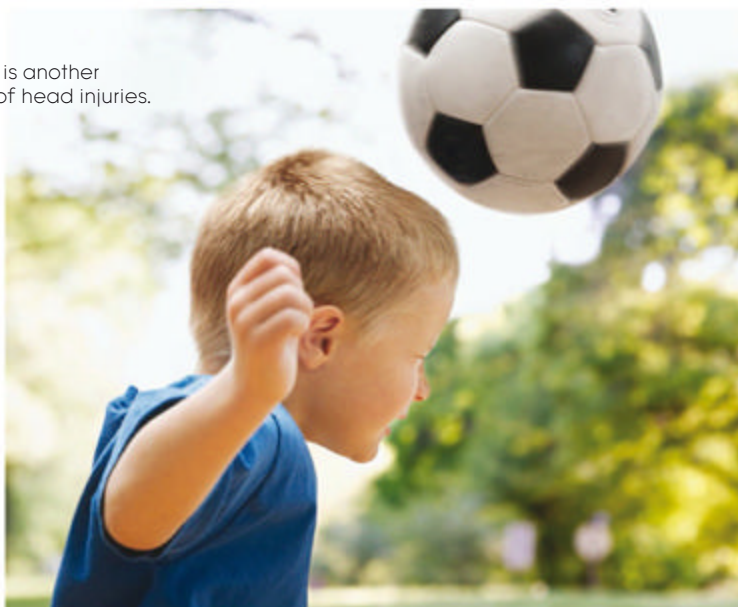
THE POWER OF PARENTS

Finding a cure for Duchenne muscular dystrophy

Debra and Paul Miller, of Newport Beach, California, were devastated when their 5-year-old son, Hawken, was diagnosed with Duchenne muscular dystrophy, a fatal disease that affects one in 3,500 boys and causes a progressive weakness and loss of muscle function. Since there weren't any organizations dedicated to finding a cure at the time, the Millers created CureDuchenne (cureduchenne.org) in 2004. The nonprofit partners with biotech and pharmaceutical companies to fund drug development. More than \$15 million dollars has been raised so far. Says Debra: "We've made tremendous progress accelerating research through clinical trials and getting us closer to the cure."

★ Parents donated \$500 to CureDuchenne. To nominate your organization or community-service project and to be considered for a donation, e-mail advocacy@parents.com.

Soccer is another cause of head injuries.



SHOULD YOU WORRY?

Researchers are investigating whether concussions can lead to mental-health problems later in life.

➔ **The facts** Last year, the NFL settled a class-action suit brought by players who have long-lasting neurological damage from multiple concussions, and a 22-year-old Ohio State football player with a history of concussion-related confusion committed suicide. "Tragic cases of dementia and suicide have been well-published in the media, and as a concussion specialist, I see patients at risk for these conditions," says David Kruse, M.D., a sports-medicine physician at Hoag Orthopedic Institute, in Irvine, California. "We don't know what percentage of concussions will lead to mental-health problems, but

parents should be aware that mood disturbance, such as depression, irritability, sudden outbursts of emotion, lack of energy, and aggression can develop after a sports concussion."

➔ **What to do** Quick diagnosis and treatment can lower the risk of post-concussion complications, including mood changes, says Dr. Kruse. So get your child checked out anytime he hits his head while playing sports—and learn the initial signs of concussion: headache, head pressure, passing out, memory loss, confusion, nausea or vomiting, slurred speech, delays in answering questions, or fatigue.



Potty-training made easy

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The skinny on whole milk

You'd think the less fat that's in your kid's yogurt and milk, the better, right? Not necessarily. "A little fat improves the body's absorption of vitamins A, D, E, and K, and will help fill your child up—meaning she may actually consume less food," explains Katherine B. Maxey, R.D., a registered dietitian with Brenner Children's Hospital at Wake Forest Baptist Medical Center, in Winston-Salem, North Carolina. Plus, no-fat products often end up having a higher

sugar content. For kids younger than 2, you should always serve whole milk because fat—saturated or not—is critical to their brain development. After age 2, switch to 1 or 2 percent milk and only consider skim products if your child is consuming a lot of saturated fat in other foods. While fat is still a necessary part of her diet, it's best to serve the more healthy unsaturated kind found in olive oil and foods such as vegetables, nuts, seeds, and fish.



A powerful solution

Consider this shocking fact: 2,400 kids a year end up in the E.R. after sticking an object into an electrical outlet. Living Plug has created a triple-outlet product that can be screwed into your existing outlet, making it less visible and accessible to kids. It's also parent-friendly, equipped with an on/off button to conserve electricity and a USB port to easily attach phone chargers. \$25 to \$30; livingplug.com

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take control of asthma

This smart advice from a doctor dad can prevent the disease from slowing your child down. by **DAVID L. HILL, M.D.**

You play a major role in how well your child's asthma is managed.



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AS a pediatrician, I shouldn't be surprised that two of my three children suffer from asthma. It's the most common chronic childhood disease in the United States, affecting an estimated 6.8 million kids. Asthma, which causes the airways to inflame and narrow, ranks as a leading cause of missed school days for children between the ages of 5 and 17. Nearly a quarter of kids with asthma in this age group report missing out on at least some events due to the disease.

Fortunately, medications can usually control children's wheezing, shortness of breath, and coughing so that they can enjoy all of their favorite activities. Most of these medicines are given with metered-dose inhalers (MDIs), or "puffers." (There are also dry-powder inhalers, but for our purposes, I'll focus on MDIs.) Lots of children and their parents, however, find it hard to use an inhaler correctly,

and that leads to thousands of preventable emergency-department visits and hospitalizations, as well as countless lost days of school and work. You have to wonder: What is it about these meds that makes them so hard to use, and is there anything we can do to make it easier? The answer to the second question is yes—so keep reading.

➔ Decoding the Devices

Inhalers look pretty simple. They have two pieces: a metal cylinder that contains medicine, and an L-shaped plastic holder that ends in a mouthpiece. The cylinder sits in the holder; when a child (or a parent) presses down on the cylinder, a fine mist of medicine sprays from the mouthpiece, hopefully into the child's lungs. Some inhalers even include built-in counters that display how many doses are left.

From there, however, things get more complicated. For example, if a child puts the mouthpiece directly in her mouth (a logical thing to do), much of the medicine hits the back of her throat and never reaches her lungs. For this reason, doctors prefer that children also use a plastic tube called a spacer, or valved holding chamber. The inhaler fits into one end of the spacer and the other end goes in the mouth. Many spacers come with a face mask which makes it easier for young children to use. Spacers allow the droplets of medicine to spread out and slow down, so that more of the medicine reaches the lungs. They also hold the medicine as a mist until the child is ready to inhale so that even a crying, uncooperative kid can get the right dose of medicine.

It would be great if an inhaler came with a spacer, but you have to buy one separately; the price ranges from less than \$10 to \$40. It's important to keep it clean. Even though having a spacer greatly increases the chance that your child



Could your child have asthma?

Some kids have obvious symptoms such as wheezing, chest tightness, or shortness of breath. Other children may just cough. In fact, many parents are so used to their child coughing at night or during exercise that they never suspect that he has a serious and treatable problem. But any cough that goes on longer than three weeks should be checked.

At the visit, your child's doctor will ask about any triggers that seem to make the symptoms worse. Asthma and allergies are closely related; for many people, anything that worsens allergies can cause asthma attacks. Other signs, such as swelling of the lower eyelids, narrowed nasal passages, or a crease across the tip of the nose, can all point to allergies.

It's tricky to diagnose young children because colds and other viruses can cause wheezing. But kids ages 6 and older can take breathing tests. A peak flow test is quickest and easiest; it uses a handheld plastic tube to measure how fast your child can expel air from his lungs. When possible, doctors prefer to give a computerized test called spirometry, or pulmonary-function testing. As with a peak flow, the child breathes as hard as he can into a tube. Sensors then calculate total lung capacity. A computer program checks the best three breaths based on sex, age, and height. The results help point to asthma as well as a variety of other conditions that affect breathing.



Use a spacer and mask (top) with an inhaler to either stop an attack or prevent symptoms.

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will breathe in her asthma medicine properly, using an inhaler and a spacer still requires following ten steps correctly (see “How to Use an Inhaler With a Spacer and Mask,” on page 74). In fact, a recent study in the *Journal of Asthma* found that only one caregiver out of the 169 observed got all ten steps right. But that’s not to say it can’t be done right, once you know how.

➔ How Drugs Do Their Job

Doctors classify asthma as being either intermittent, mild-persistent, moderate-persistent, or severe-persistent. These grades help them guide the use of medicines, which work in very different ways. Some drugs, called bronchodilators, are known as rescue medicines. They quickly open up the airways and immediately relieve the coughing, wheezing, and chest tightness that patients have during an attack. Kids with asthma should keep a rescue inhaler at home and at school.

To help prevent future asthma attacks, doctors will also prescribe controller medicine—usually an inhaled corticosteroid—that reduces underlying inflammation in the lungs. Taking controller medicine every day is essential for keeping many kids with asthma healthy and active. However, it works slowly and won’t do anything to relieve the symptoms of an asthma attack. I advise parents and kids to keep their controller medicine in a place where they can’t miss it. Leave it in front of the coffeepot, by the toothbrush, even next to the car keys—anywhere that will help you remember to use the drug as prescribed.

Many people find it difficult to take a daily medicine for a chronic illness, and they find it even harder to give daily medicine to a child. Research shows that only one in five children take their asthma controller medication as often as their doctor prescribes. It’s a tough



It’s a huge relief when your child’s symptoms are under control and you know how to help keep them that way.

concept to grasp: You have to take your medicine while you’re well in order to stay well. Even though I know how important it is for kids to take their medicine properly, I admit there have been nights when I chose not to awaken my own kids so they could use the inhalers that I’d forgotten in the bedtime rush. But it’s crucial to establish a routine to make giving medicine a habit.

➔ The Keys to Treatment

Since proper asthma care is both critical and challenging, national guidelines recommend that children with asthma see their doctor at least every six months and leave with an asthma action plan. This plan is simply a sheet that uses a stoplight approach to help families remember what medications to give when a child is in the “green zone” (no symptoms), the “yellow zone” (some coughing and/or wheezing, waking up at night from a cough), or the “red zone” (having a really hard time breathing). Many doctors now

have an asthma educator in their office who specializes in helping families understand how to better manage the condition.

I don’t have an asthma educator in my practice yet, so I spend lots of time talking to parents and patients about asthma control. We schedule our asthma patients for 30-minute visits, but it often takes longer to cover all we have to discuss. Don’t be afraid to ask questions; this stuff is confusing, and I promise that whatever you ask, your doctor has already answered it many times. How well this conversation goes can make the difference between your child having a winning soccer season or winding up in the emergency department.

At this time of year, it’s important to discuss allergies too. Doctors group asthma together with allergic rhinitis in a category we call “atopic disease.” These conditions develop when the immune system responds inappropriately to substances that it mistakes for threats, such as pollen, mold, animal saliva, and dust mites.

While allergies trigger asthma symptoms in many children, they don’t cause every case of asthma. Kids exposed to irritants such as cigarette smoke can develop asthma without having allergies. Some children have exercise-induced asthma and may find that symptoms come on within a few minutes of being active. For these reasons, an allergy assessment is considered routine in evaluating and managing asthma, to make sure a child is getting the proper medicine and avoiding allergens. A good medical history is a great start to the process. Sometimes allergy skin or blood tests can help identify triggers.

You should never hesitate to call your child’s doctor if his medicines don’t seem to be working. Ultimately you all share the same goal: for your child to practically forget that he has asthma—but not forget his meds!

Parents Destinations

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If you had a Straight Talk, Net10, Simple Mobile, or Telcel America "Unlimited" Mobile Service Plan, you may be entitled to a cash refund from a class action settlement.

You must file a claim to receive a cash refund.
Visit www.PrepaidPhoneRefund.com to file a claim.

A federal court authorized this notice.
This isn't a solicitation from a lawyer and you aren't being sued.
This notice may affect your legal rights. Please read it carefully.

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WHAT IS THIS CASE ABOUT?

Consumers have filed a class action lawsuit saying that Straight Talk, Net10, Simple Mobile, and Telcel America advertised "unlimited" wireless plans, but then slowed or cut off data service, or terminated all services, for some customers. The defendants in the case, TracFone Wireless (the owner of those four brands) and Wal-Mart, deny all liability.

WHO IS INCLUDED?

You're eligible for a refund (meaning that you're a "Class Member") if you bought a Straight Talk, Net10, Simple Mobile, or Telcel America mobile service plan with "unlimited" data in the United States, and, at any time between July 24, 2009 and December 31, 2014, you had your data usage "throttled" (slowed), suspended (cut off), or had all of your services terminated by TracFone before the expiration of your service plan. **If you had an "unlimited" plan, but aren't sure if your service was throttled (slowed), cut off or terminated, file a claim and the information you provide will be checked against company records to see if you're eligible.**

WHAT DOES THE SETTLEMENT PROVIDE?

TracFone has agreed to pay \$40 million to a settlement fund. Class Members who file valid claims ("claimants") will receive cash refunds from the fund. Refund amounts will depend on three things: the number of claimants, when you were a customer, and how your service was affected. It is expected that refunds will be at least \$2.25 to \$6.50 for claimants who had their data service "throttled," at least \$10.00 for claimants who had their data service suspended, and \$65.00 for claimants who had all of their services terminated. Actual refund amounts may be different depending on the number of claimants. The Settlement Administrator supervising the refund program will use company records and the information you provide in your Claim Form to determine your eligibility and your refund amount. TracFone also has agreed to improve its advertising and customer service as part of the settlement to make its policies clearer to customers. For more information, visit www.PrepaidPhoneRefund.com.

HOW DO I GET A REFUND?

You must file a Claim Form to get a refund. There are two ways to file a Claim Form: (1) File online, at www.PrepaidPhoneRefund.com; or (2) Print a Claim Form, available at www.PrepaidPhoneRefund.com, fill it out, and mail it (with postage) to the address listed on the Claim Form. **Claim Forms must be filed online or postmarked by June 19, 2015.** If you had more than one phone number with "unlimited" data from Straight Talk, Net10, Simple Mobile or Telcel America between July 24, 2009, and December 31, 2014, you should file a separate Claim Form for each phone number you had. (It's easier to file multiple claims online.)

YOUR OTHER OPTIONS.

If you don't want to make a claim, and don't want to be bound by the settlement and any judgment in this case, you must send a written request to exclude yourself from the settlement, postmarked no later than May 20, 2015. If you exclude yourself, you won't get a refund through this settlement. If you don't exclude yourself and don't submit a claim, you won't receive a refund from the settlement and you will give up the right to sue TracFone or Wal-Mart about the claims in this case. If you don't exclude yourself, you may object to the settlement or to the request for fees by the attorneys representing the Class. The detailed Class Notice, available at www.PrepaidPhoneRefund.com, explains how to exclude yourself or object.

The Court will hold a hearing in the case—*In re TracFone Unlimited Service Plan Litigation*, No. 13-cv-03440-EMC (N.D. Cal.)—on June 23, 2015 at 2:30 p.m., to consider whether to approve: (1) the settlement; (2) attorneys' fees of up to \$5 million plus reimbursement of out-of-pocket litigation costs of up to \$100,000, for the attorneys representing the Class, to be paid by TracFone in addition to the \$40 million settlement fund; and (3) service awards of \$2,500 each for the eight class representatives who represented the Class in this case. You may appear at the hearing, but you don't have to. The Court has appointed attorneys (called "Class Counsel") to represent the Class. These attorneys are listed in the detailed Class Notice. You may hire your own attorney to appear for you, but you will have to pay that attorney.

WHERE CAN I GET MORE INFORMATION?

For more information, visit
www.PrepaidPhoneRefund.com or call 1-855-312-3327



How to use an inhaler with a spacer and mask



1. If your child's spacer has two pieces, put them together, after removing the spacer's cap.



2. Shake the inhaler for five seconds to mix the medicine and ensure a reliable dose.



3. Remove the inhaler's cap; insert the mouthpiece into the front end of the spacer.



4. Place the spacer's mask over your child's face; if an older child isn't using a mask, put the spacer's mouthpiece directly in his mouth.

5. Press the mask firmly over his nose and mouth, ensuring a good seal. (If not using a mask, a kid's lips should seal around the spacer's mouthpiece.)



6. Place one hand over the inhaler, ready to press down on the canister; use your other hand to hold the spacer's mask against your child's face.

7. Have your child exhale deeply before you release the medicine.

8. Push down on the inhaler canister one time with your index finger.



9. Have your child take six deep, slow breaths in order to get all the medicine into his lungs.

10. Leave the mask on; wait 30 seconds before a second puff (the usual dose for a rescue inhaler).

➔ **GET MORE!** Learn about other symptoms at [parents.com/asthma](https://www.parents.com/asthma).

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Indication

Auvi-Q® (epinephrine injection, USP) is used to treat life-threatening allergic reactions (anaphylaxis) in people who are at risk for or have a history of these reactions.

Important Safety Information

Auvi-Q is for immediate self (or caregiver) administration and does not take the place of emergency medical care. Seek immediate medical treatment after use. Each Auvi-Q contains a single dose of epinephrine. **Auvi-Q should only be injected into your outer thigh.** DO NOT INJECT INTO BUTTOCK OR INTRAVENOUSLY. If you accidentally inject Auvi-Q into any other part of your body, seek immediate medical treatment. Epinephrine should be used with caution if you have heart disease or are taking certain medicines that can cause heart-related (cardiac) symptoms.

If you take certain medicines, you may develop serious life-threatening side effects from epinephrine.

Be sure to tell your doctor all the medicines you take, especially medicines for asthma. Side effects may be increased in patients with certain medical conditions, or who take certain medicines. These include asthma, allergies, depression, thyroid disease, Parkinson's disease, diabetes, high blood pressure, and heart disease.

The most common side effects may include increase in heart rate, stronger or irregular heartbeat, sweating, nausea and vomiting, difficulty breathing, paleness, dizziness, weakness or shakiness, headache, apprehension, nervousness, or anxiety. These side effects go away quickly, especially if you rest.

Please see brief summary of Full Prescribing Information on the next page.

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BRIEF SUMMARY OF PATIENT INFORMATION

Rx Only

Read this information before you have to use Auvi-Q® (epinephrine injection, USP) and each time you get a refill. There may be new information. You should know how to use Auvi-Q® before you have an allergic emergency. This information does not take the place of talking with your healthcare provider about your medical condition or your treatment.

What is the most important information I should know about Auvi-Q®?

1. Always carry Auvi-Q® with you because you may not know when a life-threatening allergic reaction (anaphylactic reaction) may happen. Talk to your doctor if you need additional units to keep at work, school, etc. An anaphylactic reaction is a life-threatening allergic reaction that can happen within minutes and can be caused by stinging and biting insects (bees, wasps, hornets, and mosquitoes), allergy shots, foods, medicines, exercise, or other unknown causes. Follow your healthcare provider's instructions on when to use Auvi-Q® if you have the symptoms of an anaphylactic reaction, which may include the symptoms listed below:
 - trouble breathing
 - wheezing
 - hoarseness (changes in the way your voice sounds)
 - hives (raised reddened rash that may itch)
 - severe itching
 - swelling of your face, lips, mouth or tongue
 - skin rash, redness, or swelling
 - fast heartbeat
 - weak pulse
 - feeling very anxious
 - confusion
 - stomach pain
 - losing control of urine or bowel movements
 - dizziness or fainting
2. Tell your family members and others where you keep Auvi-Q® and how to use it before you need it. You may be unable to speak in an allergic emergency.
3. Get medical attention immediately after using Auvi-Q®. If you have a serious allergic reaction, you may need more medicine.

What is Auvi-Q®?

Auvi-Q® is a prescription medicine used to treat life-threatening allergic reactions including anaphylaxis in people who are at risk for or have a history of serious allergic reactions.

Auvi-Q® is for immediate self (or caregiver) administration and does not take the place of emergency medical care. You should get emergency medical help right away after using Auvi-Q®.

It is not known if Auvi-Q® is safe and effective in children who weigh less than 33 pounds (15 kg).

What should I tell my healthcare provider before using Auvi-Q®?

Before you use Auvi-Q®, tell your healthcare provider if you:

- have heart problems or high blood pressure
- have diabetes
- have thyroid problems
- have history of depression
- have Parkinson's disease
- have any other medical conditions
- are pregnant or plan to become pregnant. It is not known if Auvi-Q® will harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known if Auvi-Q® passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements.

Auvi-Q® and other medicines may affect each other, causing side effects. Auvi-Q® may affect the way other medicines work, and other medicines may affect how Auvi-Q® works.

Know the medicines you take. Keep a list of them to show your healthcare provider and pharmacist when you get a new medicine.

How should I use Auvi-Q®?

- Each Auvi-Q® contains only 1 dose of medicine.
- Auvi-Q® should only be injected into the muscle of your outer thigh. It can be injected through your clothing, if needed.
- Use Auvi-Q® exactly as your healthcare provider tells you to use it.
- An Auvi-Q® Trainer with a separate Trainer Instructions for Use leaflet is included with Auvi-Q®. Additional training resources are available at www.auvi-q.com.
 - Practice with the Auvi-Q® Trainer before an allergic emergency happens to make sure you are able to safely use the real Auvi-Q® in an emergency.
 - The Auvi-Q® Trainer does not contain a needle or medicine and can be reused to practice your injection.

What are the possible side effects of Auvi-Q®?

Auvi-Q® may cause serious side effects.

- **Auvi-Q® should only be injected into your outer thigh. Do not inject Auvi-Q® into your:**
 - veins

- buttocks
- fingers, toes, hands or feet

If you accidentally inject Auvi-Q® into any other part of your body, go to the nearest hospital emergency room right away. Tell the healthcare provider where on your body you received the accidental injection.

- **If you have certain medical conditions, or take certain medicines, your condition may get worse or you may have more or longer lasting side effects when you use Auvi-Q®. Talk to your healthcare provider about all your medical conditions.**

Common side effects of Auvi-Q® include:

- fast, irregular, or 'pounding' heart beat
- sweating
- shakiness
- headache
- paleness
- feelings of over excitement, nervousness, or anxiety
- weakness
- dizziness
- nausea and vomiting
- breathing problems

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all of the possible side effects of Auvi-Q®. For more information, ask your healthcare provider or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store Auvi-Q®?

- Store Auvi-Q® at 68° to 77°F (20° to 25°C).
- Do NOT expose to extreme heat or cold. For example, do NOT store in your vehicle's glove box. Do not store Auvi-Q® in the refrigerator or freezer.
- Examine contents in the viewing window periodically. Solution should be clear. If the solution is discolored (pinkish color or darker than slightly yellow), cloudy or contains solid particles, replace the unit.
- Your Auvi-Q® has an expiration date. Replace it before the expiration date.
- Keep Auvi-Q® in the outer case it comes in to protect it from light.

Keep Auvi-Q® and all medicines out of the reach of children.

What are the ingredients in Auvi-Q®?

Active ingredient: epinephrine.

Inactive ingredients: sodium chloride, sodium bisulfite, hydrochloric acid, and water.

Auvi-Q® does not contain latex.

After the use of Auvi-Q®:

- The black base will lock into place.
- The voice instruction system will say Auvi-Q® has been used and the lights will blink red.
- The red safety guard cannot be replaced.
- The viewing window will no longer be clear.
- It is normal for some medicine to remain in your Auvi-Q® after you have received your dose of medicine.
- Talk to your healthcare provider about the right way to throw away your Auvi-Q®.
- Auvi-Q® is a single-use injectable device. Once Auvi-Q® has been used, any medicine that remains in the auto-injector cannot be reused.

Until you throw away your used Auvi-Q®, the electronic voice instruction system will remind you that it has been used when the outer case is removed.

General information about the safe and effective use of Auvi-Q®:

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information Leaflet. Do not use Auvi-Q® for a condition for which it was not prescribed. Do not give Auvi-Q® to other people, even if they have an allergic reaction or the same symptoms that you have. It may harm them.

This is a summary of the most important information about Auvi-Q®. If you would like more information, talk to your healthcare provider. You can ask your pharmacist or healthcare provider for information about Auvi-Q® that is written for health professionals.

For more information and video instructions on the use of Auvi-Q®, go to www.auvi-q.com or call 1-800-633-1610.

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anxious all the time

For some kids, minor worries turn into full-fledged fears. But with the right approach, you can help your child feel reassured. by **MARISA COHEN**

IN MANY WAYS, Tucker is like lots of 7-year-old boys. He plays baseball and soccer, knows the name of every *Star Wars* character, and is obsessed with Minecraft. But after his mother tucks him in at night, scary thoughts pop into his brain and he can't let them go. "He worries so much about everything, like that someone might

be outside his window or the house will catch on fire, that he often stays up all night in fear," says his mom, Joanna, of Darien, Connecticut, who didn't want to use their real names to protect her son's privacy. "I tell him that we're safe, and although he knows it's true, he just can't settle down his mind."

Even during the day, anything that deviates from the norm for Tucker can lead to an unraveling. "We were a few minutes late dropping him off for soccer practice, and when we arrived he was so worried that everyone was looking at him that he couldn't relax and join the group," Joanna recalls.

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All kids get stressed sometimes. They'll have butterflies leading up to the first day of school or worry about being left out if their BFF plays with someone else at recess. Most kids will complain, maybe cry a little, and then move on. But for the estimated one in five kids in the United States who suffer from anxiety disorders (including separation anxiety, social anxiety, and obsessive-compulsive disorder), it's a major challenge to manage their worries. They ricochet through the child's head, getting more intense over time instead of naturally fading away. "No matter how much you answer an anxious child's questions or tell her things are fine, she can't absorb your reassurances," explains

Tamar Chansky, Ph.D., author of *Freeing Your Child From Anxiety*.

In severe cases, kids with anxiety may stop eating, sleeping, or going to school. At the very least, their instability can set them apart from their peers, often at an age when fitting in is crucial. "Maya is so scared she'll do something wrong, like knocking over a toy and making a big noise, that she avoids playing with others," says a mom we'll call Lee of her 5-year-old daughter, who has social and separation anxiety plus OCD symptoms brought on by an obsessive fear of vomiting. "Therapy has helped her express her fears, and we've been inviting kids over so she can practice socializing on her own turf, but it's a constant struggle."

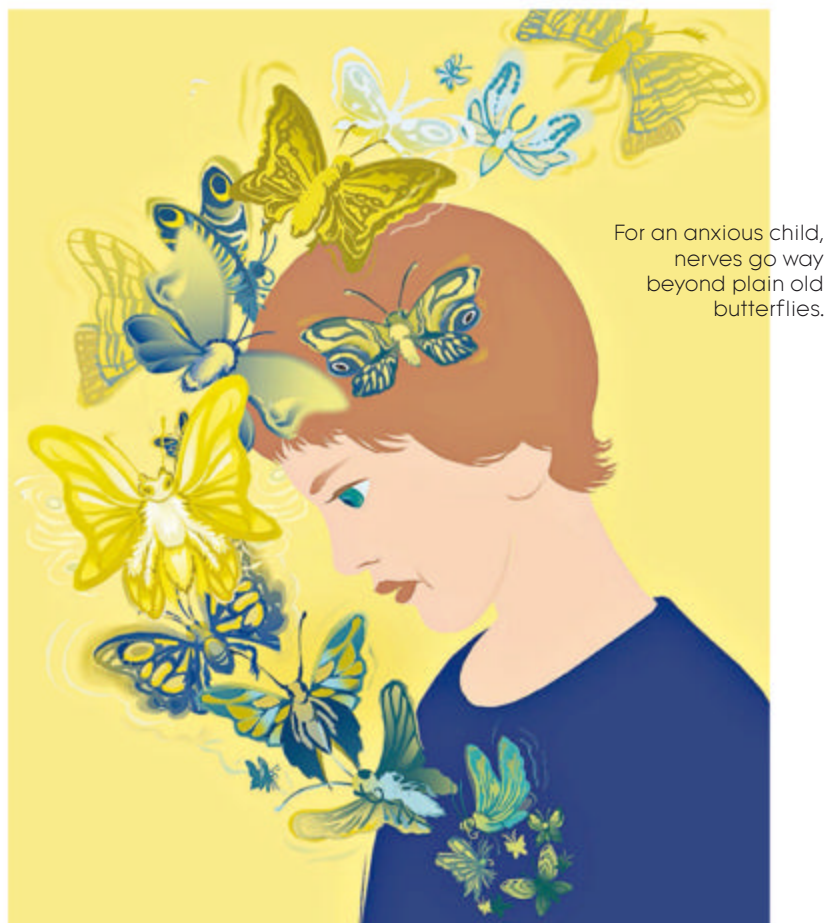
A child's anxiety can have a ripple effect on the entire family. "We pick our vacations based on which location we hope will have the least noise, and my husband and I are both exhausted at the end of every day," says Lee, who lives in Los Angeles. Since not all therapy is covered by insurance, dealing with an anxious kid can also add a financial burden to an already stressed family. It can be difficult for a marriage too: If the child tends to confide in only one parent, the other may be skeptical, wondering, "How can a kid be anxious when nothing bad has ever happened to her?"

That's a question parents across the country, including me, ask themselves every day.

➔ Making sense of fears

My daughter has suffered from anxiety since she was in preschool. Although she talked seemingly nonstop at home, at school she'd become so frozen with fear that she didn't say a single word during the first half of kindergarten. She constantly asked us about earthquakes and floods, though neither was likely to happen where we live. She has the same DNA as her older sister and was raised in the same home, so why was one of my kids confident and calm while the other was wracked with worries?

"It's just the luck of the genetic draw," explains psychologist Steven Kurtz, Ph.D., president of Kurtz Psychology Consulting, in New York City, who specializes in childhood anxiety. "There's a sort of smoke detector in your head that's supposed to go off when the brain perceives danger, and it triggers the fight-or-flight response," says Dr. Kurtz. "In anxious kids, their smoke detector is set to a much more sensitive level, and they also have a much more dramatic reaction." In fact, research has shown that differences in stress response can be detected in babies as young as 6 weeks old, proving that



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beyond plain old
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nature is at least as important as nurture when it comes to anxiety.

There's a family connection too: Kids with an anxious parent are up to seven times more likely to have an anxiety disorder compared with kids whose parents are not anxious. (Neither my husband nor I have a history of anxiety; both of Tucker's parents have anxiety in their family.) The link is both biological and behavioral, explains Golda Ginsburg, Ph.D., professor of psychiatry at the University of Connecticut in Farmington. "There is an inherited risk, but when parents are overprotective or model their own fears, they increase their child's risk of anxiety."

Difficult situations, like the death of a relative, moving, or even the ongoing daily stress of having an unemployed parent or tough financial times can also push manageable

anxiety into a full-blown disorder.

"A major event can sometimes make a child feel like everything in life is changing and nothing is predictable," explains Dr. Chansky.

If your child's worries are keeping him from going to school, playing with friends, or taking part in other activities that he'd normally enjoy, or if he complains of headaches or stomachaches that don't have any medical origin, then he probably has a condition that requires treatment, says Dr. Kurtz. Another cause for concern: questions and fears that seem out of proportion to the situation and continue for six months or get much worse over time. For example, it's perfectly normal for a child to ask "Can that happen to us?" after seeing a news report about a house fire; it's not normal to obsess about that fire several months later.

➔ The bright side

Fortunately, anxiety is one of the most treatable psychological disorders in kids. With talk therapy and medication, research has found that nearly 80 percent of children can control their anxiety and live a happy life. However, anxious kids often go undiagnosed. "Many parents think that their child will grow out of his issues or that it's normal for a child to be nervous," says Wendy Silverman, Ph.D., director of the Program for Anxiety Disorders at Yale University School of Medicine.

Though some kids with anxiety act out or refuse to attend school, most—like my daughter—are quiet and well-behaved, so they can get lost in the shuffle. When I first told friends that I was worried about her silence in school, they'd say, "She's just shy." And given how



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often parents are accused of helicopter parenting, I didn't want to overreact.

But I'm glad I didn't listen to the doubters and instead followed my gut. "It's unlikely that a child will outgrow an anxiety disorder," says Rinad Beidas, Ph.D., assistant professor of psychology at the Perelman School of Medicine at the University of Pennsylvania. "When it's left untreated, she'll have a higher risk of substance abuse later."

If you're worried about your child's anxiety, it's better to seek services early than to wait it out. Ask your pediatrician or school guidance counselor for a referral to a child psychologist or a clinic, and schedule an evaluation. It's important to treat this meeting with the same matter-of-fact attitude as you would when taking your child to the doctor for a sore throat, says Dr. Kurtz. Explain

* Most anxious kids are quiet and well-behaved, so their problems can go unnoticed.

the visit to your child using the same words he uses to tell you about his problems: "We're going to talk to someone who can teach you how not to worry at bedtime," for example.

For many kids, especially those in the early stages of an anxiety disorder, cognitive behavioral therapy alone can make them start to feel better within a few weeks or months. While it won't eliminate anxiety from their life, children learn to recognize what they're feeling and manage those reactions. A child who has an obsessive fear of germs

may, for example, be taught to notice when his heart beats faster at the sight of someone coughing and to take deep breaths to calm down. He'll also learn coping techniques, such as telling himself, "Millions of people touch things every day and don't get sick." Finally, he'll be exposed little by little to his fear, going with the therapist to a public bathroom and touching the sink, then the toilet handle.

➔ Trying drug therapy

Medication is often recommended when a child isn't making progress with talk therapy alone or is so severely impaired that she's not eating or sleeping. This makes many parents uncomfortable, but doctors urge them to look at the big picture. "If a child's symptoms have overwhelmed her capacity to cope and her parents' ability to help her, then it's



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kids ● mental health

A dictionary of disorders

Most anxious children have a combination of the following conditions.

● **Generalized anxiety disorder** An excessive worry about things that are out of a child's control and a tendency to always imagine the worst-case scenario or worry about adult issues, like money

● **Social anxiety** A child's fear of meeting or talking to people, along with a worry that she'll be teased or humiliated and that everyone is judging her every move

● **Selective mutism** A condition where a child who talks easily with family and friends gets so anxious in front of teachers, other authority figures, and even peers that he freezes up and can't speak at all

● **Separation anxiety** A constant, debilitating fear of being separated from one's parents or that harm will come to them, at a level that is inappropriate for a child's age

● **Obsessive-compulsive disorder** A need for ritual or compulsive behavior, like washing or counting, to relieve anxiety about a fear or intrusive thoughts about upsetting topics

● **Phobia** An illogical, all-consuming fear (such as fear of dogs, vomit, elevators, or bugs)

appropriate to consider every option available," says Anthony Charuvastra, M.D., assistant professor of child and adolescent psychiatry at New York University Medical Center. In fact, certain medications can often be an essential part of a child's treatment, he adds.

For children with severe anxiety, two types of medication have been found to be especially effective. The most common are antidepressants known as selective serotonin reuptake inhibitors (SSRIs), such as Prozac and Zoloft; these increase levels of serotonin, which is a naturally occurring chemical in the brain that is known to regulate moods. The second group are antianxiety drugs called benzodiazepines; they are used less frequently because they can cause hyperactivity in young kids and can become less effective over time, says Dr. Charuvastra. Common side effects for all the meds include mild headaches, nausea, irritability, or sedation. Most go away within a few weeks, or the prescription or dosage can be adjusted, he says. Talk to your doctor if you find that your child's behavior or personality seems drastically (and negatively) different after starting medication.

➔ Helping at home

If your child seems anxious but it's not yet interfering with his everyday life, there are plenty of ways you can help him manage his worries without professional help. First, ask yourself how much you've accommodated his fears. All parents instinctively want to protect and comfort their kids; if your child screams hysterically whenever a dog walks by, you'd naturally try to keep him away from dogs. "Doing that may make things easier in the short run, but it reinforces his fear," says Dr. Ginsburg. "Instead, he needs to confront the fear and work on his skills to manage it."

You can help your child take small steps, like watching dogs from a distance and then petting a puppy on a leash. With each victory, celebrate your child's bravery. For some children, a small reward, like ten extra minutes on the Xbox, might help them face their fear.

At bedtime, develop a soothing ritual. Rather than allowing TV or other screens, have your child read a calming book or do relaxation exercises (go to childanxiety.net for an app with breathing exercises and progressive relaxation). Try a helpful exercise called The Four Doors. "Before he goes to bed, have your child imagine four doors," explains Dr. Chansky. Behind each one is something fun, like a party, a family vacation, a favorite celebrity, or even a candy factory. He can choose which of the four doors to "enter" and think about

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Children's
Mental Health
Awareness Month.
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speakupforkids.org.

what's inside, which helps him feel more in charge of his own bedtime routine.

Also consider how your own anxiety might be affecting your child. Screaming at the sight of a bug in your room, for example, will teach him to be afraid of bugs too. So if you've been waiting for a good reason to seek help for your own anxious behavior, this may be it.

Whether your child gets help for his anxiety through therapy,

medication, or by using strategies at home, the change in his behavior can be remarkable. My daughter had several sessions of behavioral therapy during the summer before first grade, in which she learned to feel more comfortable speaking to other people. Since then, we've mostly worked with her at home. Changes were slow but steady. She's now 11, and although she still feels nervous raising her hand in class, she's made progress that I never would've imagined possible when she was younger. To my surprise, she's found that her anxiety melts away when she acts and sings, and she has performed in front of hundreds of people, both in school and professionally. With patience, work, and loving support from their parents, kids can find a way to finally feel secure and make the bad thoughts go away. ✕

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put on your toddler goggles

Your kid's unpredictable antics will make a lot more sense once you look at life her way.

by WENDY HUNTER, M.D.

TAKE a second to imagine your toddler's mind-set: Everything is new and unexplored, she has little self-control, and her vocabulary is limited to maybe a hundred words. At any given moment, life can be exciting, frustrating, unpredictable, or downright scary. As a mom and a pediatrician, I've gotten plenty of practice understanding toddlers' unique perspective, and I find that I've become a better doctor—and a better parent—in the process. So

let me help you don some toddler goggles of your own, so you can see exactly what your child sees.

THE TODDLER VIEW

➔ **"I want something, so I need it!"**

When my then 2-year-old daughter opened the gift I had wrapped for her friend—after I'd specifically told her not to—I was upset. Was she blatantly ignoring me? Not exactly. Toddlers crave things with

such passion, they feel they absolutely must have them. My daughter had to have that gift, and didn't have the mental maturity to ignore her impulse to unwrap it.

A toddler's brain hasn't yet developed executive function—the ability to focus, exhibit control, and listen to reason. In other words, there's no conductor in the orchestra of her mind. So my daughter couldn't grasp that the gift was not hers and that she should resist opening it.

Ready for a whole
new perspective on
parenting?





She can't believe you managed to spot her!

In the famed “marshmallow study” at Stanford University, researchers offered a marshmallow or a cookie to a group of young children and told them they could eat it now or have two treats later. The majority of the youngest participants, 3 years old, ate the treat right away or failed to understand the directions, while some 4- to 6-year-olds were able to wait by distracting themselves.

You can help teach your toddler realistic self-control strategies. For example, find opportunities to have her wait her turn on the swings. Keep the wait time short and show

her ways to amuse herself in the meantime. But don't set unrealistic expectations; asking your 2-year-old to leave a treat untouched is just setting her up to fail. Put the temptation out of sight instead.

THE TODDLER VIEW

➔ **“I have to see and hear everything.”**

Remember when your child instantly spun around to you when you said “cookie,” even though you thought he wasn't listening? Toddlers have an incredible ability to pay attention to all the details

around them. It's their superpower! Adults naturally filter out extraneous information, like an interesting pattern of shadows on the sidewalk, but toddlers don't know what's most important. There's actually a biological basis for this: Young children have fewer inhibitory neurotransmitters, the chemicals that prevent neurons from firing, so their brain is constantly exploding with stimuli. It's similar to what you see when you visit an exotic new location: Your attention is overtaken by new sounds, smells, and sights.

This “super-attention” is critical for learning, but it can be distracting for a child—and sometimes it can be frustrating for you. You may feel better knowing that one reason your toddler likes you to read the same book over and over is because when he hears it again, he isn't distracted by as much new information. In experiments at the University of Sussex, in England, researchers discovered that young children learned new words when exposed to them in the same stories read repeatedly; they failed to learn those words when exposed to them in different stories. So while you may have your child's favorite book memorized, he's still delighted by the new sounds and words he's uncovering with each repetition.

THE TODDLER VIEW

➔ **“I see things one way, and one way only.”**

You're playing hide-and-seek, and your little one has his head behind the curtains, but his feet are sticking out. He's convinced he's well hidden because he thinks you both see the same thing. Toddlers are still learning that there are different points of view.

They also have trouble trying to imagine another complicated type of point of view: the future. So your 2-year-old isn't able to picture what it means when you say, “We're going

Mother spies with her little eye
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home in five minutes.” That’s why he’ll be surprised when you march him out the door five minutes later. Instead, tell him how you’re leaving: “We’re putting on our shoes and giving our friend a hug and then we’re walking to the car.” Don’t bother telling him why you’re leaving, because he only cares that his fun is coming to an end. However, you can mention that Dad is waiting, to set the stage for developing sympathy for others.

THE TODDLER VIEW

➔ “I need your attention. At any cost.”

A kid’s whiny requests can exhaust any parent by the end of a long day. So why does your child whine (or throw things, or kick you)? From her perspective, it works! Whining is super-effective for an attention-loving toddler—it gets you to turn around and focus on what she’s saying. If you ignored her three previous requests to be held while you were cooking dinner, she neither understands nor cares. She

resorts to whining because it gets you to respond.

Toddlers also don’t care whether they get attention for good or bad behavior. In the pediatric-emergency room where I work, parents will occasionally come in concerned that their child has “seizures” or a “muscle problem” because of a repetitive behavior, such as eye-rolling or head-shaking. But I wear my toddler goggles to work every day, and I see that in many cases the child has simply found an action that gets her parents’ attention, which she loves, so she keeps doing it.

When your child misbehaves, try your best to ignore her (unless she’s in danger, or hurting someone, of course). If you can’t blow it off, move her away from the situation or distract her. This sends the powerful message that you aren’t going to respond to negative behavior. Just be careful not to accidentally reward bad behavior. For example, if your child is interrupting you while you’re on the phone and you hang up to deal with her behavior, she’s

gotten exactly what she wanted. Try to predict her need for attention and look for opportunities to encourage her cooperation. You just might be able to squeeze in a three-minute phone chat if you give your toddler a few reassuring words and kisses while you’re on the phone.

THE TODDLER VIEW

➔ “You should be able to read my mind!”

Your little angel asks for a cup of water, and just as you hand it to him, he screams “No!” and bats it away. Why the freak-out? When he asked for “water,” he wanted the *Jake and the Never Land Pirates* cup with the straw that you gave him yesterday, not the green sippy cup. What’s wrong with you?

For toddlers, language issues are often the cause of emotional upsets. The cup scenario is a classic example. Your son expected exactly what he got last time, but he simply didn’t have the vocabulary to ask for that particular cup. And even though he didn’t react politely, it actually makes sense in this case to give it to him. Look at it this way: You’re meeting your child’s need, now that you’ve figured it out, and you might even be preventing a further meltdown.

Toddlers do read faces pretty well, so use both your voice and your language to convey your message. And pay attention to your child’s nonverbal cues—such as tilting his head when he doesn’t quite understand what you’ve said—at least as much as his words; the results may enlighten you.

My final piece of advice: Instead of spending your energy cleaning up every last mess and worrying about discipline, embrace the toddler perspective more often. You may actually discover a more creative side to yourself and a more cooperative side to your toddler. ✖



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busy-morning breakfasts

Let's face it: Weekday mornings are madness. These quick and healthy ideas will get you on your way with your sanity intact.

by JENNA HELWIG



A cheesy
scramble will
keep them
satisfied all
morning.



Avoid overcooking scrambled eggs. They should be moist, but not runny.

5 Awesome Add-Ins for Scrambled Eggs

1. Stir in homemade or store-bought basil pesto.
2. Toss in chopped ham or turkey.
3. Chop up corn tortillas, quickly sauté in canola oil, add eggs, and enjoy an easy version of *migas*. Top with a mild store-bought salsa.

4. Sprinkle on shredded cheddar cheese and sliced scallions.

5. Make use of cooked vegetables that happen to be in the fridge. Or plan to prep extra veggies at dinnertime so you'll have leftovers for breakfast.

photographs by TARA DONNE



Stir fruit and nuts into cooked cereal for extra fiber and flavor.

3 Twists on Oatmeal

MAKE IT FAST For oatmeal even speedier than instant, prep it overnight—no cooking required! Stir together $\frac{1}{2}$ cup rolled oats with $\frac{1}{2}$ cup milk. Place in a microwave-safe container and store in the fridge overnight. Warm up in the a.m. and add your kid's favorite toppings.

MAKE IT SLOW Use your 4- or 5-qt. slow cooker to cook steel-cut oats overnight. Simply butter the insert, add 2 cups steel-cut oats, 7 cups water, 1 cup milk, and a few pinches of salt. Cook on low for 6 to 8 hours. Top with fruit and brown sugar.

MAKE IT DIFFERENT Ditch the oatmeal entirely and enjoy some protein-packed hot quinoa in the morning. Cook quinoa ahead according to package directions and store in the fridge. At breakfast time, reheat it with milk. Add extras the way you would to oatmeal.

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5 Toppings for Toast

Choose whole-wheat or sprouted bread for extra nutrients and fiber that will keep your kid (or yourself) full throughout the morning.

1. Swirl on honey-sweetened ricotta cheese. Then add fruit.
2. Layer peanut or almond butter, your child's favorite fruit (thinly sliced peaches, strawberries, and bananas work especially well), and a sprinkle of cinnamon.
3. Spread on a bit of butter and add thinly sliced hard-boiled egg. Or, make a cheater's egg salad by

chopping a hard-boiled egg and adding a little plain Greek yogurt, salt, and pepper.

4. Peel, pit, and smash an avocado, smear on top, and sprinkle with a little salt.

5. Cover with whipped cream cheese and top with smoked salmon. Sprinkle with chopped dill for extra credit.



To more easily blend smoothies, put the liquid or yogurt in first and the ice in last.

3 Healthy Smoothies

- ➔ Toss a handful of spinach into your kids' favorite fruit smoothie. Chances are they won't even notice and they'll get an extra boost of vitamins A and K.
- ➔ Get hip to hemp. Despite what you may be thinking, hemp seeds are safe for kids, mild-tasting, and one of the few plant-based complete proteins. Plus, two tablespoons of hemp seeds in your smoothie offer a boost of healthful fatty acids, potassium, and iron.
- ➔ Add a teaspoon of antioxidant-rich unsweetened cocoa powder to a peanut-butter banana smoothie for a nutritious breakfast that tastes like dessert.

3 Make-Ahead Meals

Chia Pudding Mix $\frac{1}{2}$ cup chia seeds with 2 cups milk, 1 tsp. vanilla extract, and a swirl of maple syrup. Whisk and refrigerate overnight.

Parfaits Layer plain Greek yogurt, fruit, and honey if desired. Top with granola just before serving.

Ham-and-Cheese Muffins Place a few pieces of chopped ham in greased muffin cups. Crack an egg into each cup, stir, and bake at 350°F for about 15 minutes or until set. Refrigerate leftovers and reheat in the microwave.

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* Like most moms we surveyed, actress and model (she's also on our cover!) Kate French, 30, says that her beauty routine has changed since she had her son, Henry, 16 months. "I use more concealer to cover the dark circles from lack of sleep," she says. See French's fave products on page 104.

2015
Parents
Survey

a new era of beauty Millennial moms have a unique approach to beauty. In our special survey, more than 1,500 of you weighed in on the biggest trends, hottest products, go-to hairstyles, and everyday concerns. by **TRACY PEREZ** ➔

photograph by **COLETTE DE BARROS**

MAY 2015 **99** PARENTS

WARDROBE STYLING BY ASHLEY ZOHAR FOR THE WALL GROUP. PROP STYLING BY CARL DOVE FOR CELESTINE AGENCY. HAIR AND MAKEUP BY LAUREN LANCASTER FOR ART DEPARTMENT. ON KATE: SHIRT, MINISTRY OF STYLE. JEANS, CITIZENS OF HUMANITY. ON HENRY: SHIRT, ZARA. PANTS, GAP.

You're a Natural Woman... ... Yet You Go for *Unnatural* Beauty Trends



88% prefer Kourtney Kardashian's laid-back style to sister Kim's glamazon look.

13% of moms don't even wear makeup on date night!



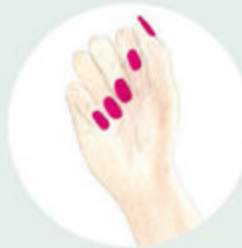
16% of you have worn lash extensions.



34% of you have dyed your hair blue, pink, or another nontraditional color.



13% of you have rocked temporary jewelry tattoos.



54% of you have tried gel manicures.



The percentage of you who'd rather give up **sex for a month** than makeup for a month

"Honey, I have a headache. But hands off my makeup!"



"The one beauty product I can't live without is **Garnier BB Cream**. It's light enough that I don't feel like I'm wearing spackle, and it doesn't rub off on my clothes."
—Ashley Murray, 27; Lynn, Massachusetts

4 out of **5**

The number of moms who admit to being brow challenged. Fear not! You can improve your game by finding the brow-shaping technique that's right for you:

	 tweezing	 waxing	 threading
pros	Because hairs are being removed individually, there's less room for error. It's the safest method if you've got sensitive skin.	The removal process is quick and relatively painless. It creates the cleanest, most defined look out of the three.	Like tweezing, it gives brows a naturally polished look, only faster.
cons	The precision that's involved requires more time and patience.	Because heat is needed to remove the hair, there's a chance you'll get red—or worse, burned.	The speedy method may result in too much hair removal, and the discomfort factor is high.



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to be a pair
of jeans.
Recycle me.”***



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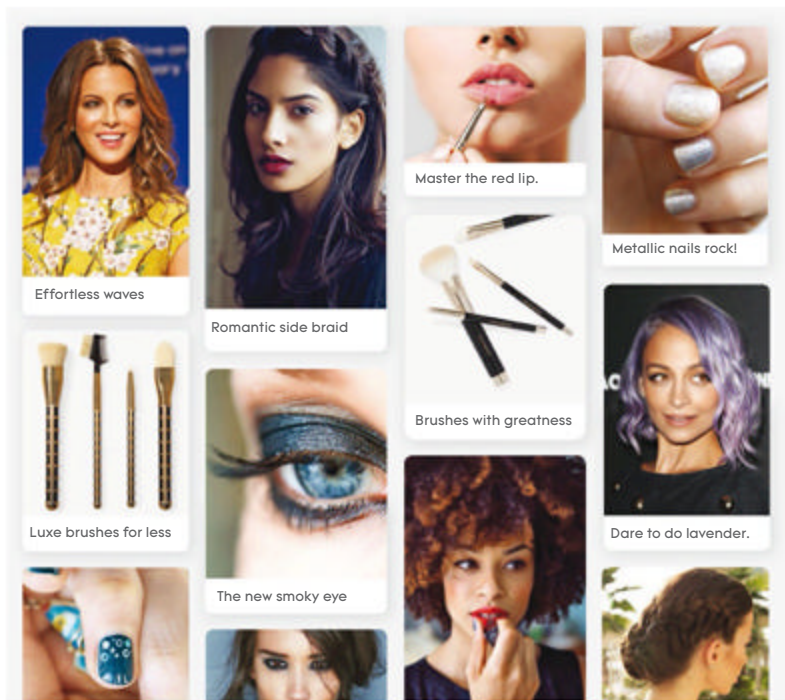
KEEP AMERICA
BEAUTIFUL

You Love Your Pony



Nearly half of you wear your hair in a ponytail four or more times a week. Wish your pony could be perkier? Try an extension! Here's our pick: Hair2Wear Christie Brinkley Collection The Pony, \$39; hair2wear.com.

Your Next Haircut Is On Pinterest



Pinterest is your number-one source of inspiration when searching for a new 'do. And you're twice as likely as non-millennial moms to have a beauty-themed board.



"I embraced my natural brunette after becoming a mom. It's one less tick on my beauty-maintenance list, and it's a great reminder to flaunt what you're given."—Michelle Pantelides, 32; Brooklyn, New York

You Could Use Dry Shampoo!

32%

of you employ this timesaving product. That means a lot of you don't, despite the flood of them now on the market. But take note: Instead of washing, drying, and styling, you just spray and go! We suggest you try one of these top sellers.



- 1. Best for fine hair** Batiste Dry Shampoo (\$8; ulta.com) instantly takes away that greasy-roots look.
- 2. Best for curly hair** Deva Curl No-Poo Quick Cleanser (\$20; devacurl.com) contains conditioning ingredients to get softness and bounce back into your spirals.
- 3. Best for brunettes** Klorane Dry Shampoo With Oat Milk-Natural Tint (\$20; kloraneusa.com) doesn't leave any powdery white residue.



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softer underarms until you try it."

Rachel Weir

new

New Dove Advanced
Care goes way
beyond protection.
9 out of 10 women
agreed that it made
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soft and smooth.



You Don't Dawdle



- “My morning routine is shower, brush hair and teeth, put on deodorant. That’s about it.”
- “Twist my bangs back, put the rest of my hair in a bun, apply BB cream, powder, eyeshadow, and mascara. Done.”
- “I shower about twice a week. Normally just rinsing off is enough for my body. For makeup I do black eyeliner, a shimmering eyeshadow, and a glossy lip balm.”

A Peek Inside Kate French's Makeup Bag



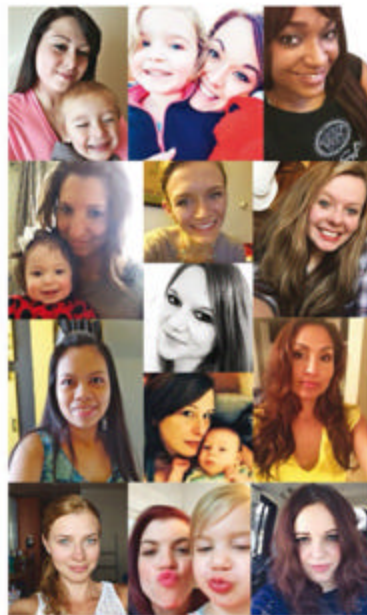
1. It Cosmetics Bye Bye Under Eye, \$24; itcosmetics.com “This concealer makes me look wide awake before I’ve had my caffeine.” **2. Stila Baked Cheek Duo in Pink Glow**, \$24; stilacosmetics.com “Adds a healthy glow.” **3. Epicuren Anti-Aging Lip Balm SPF 15**, \$14; epicuren.com “Gives great shine.” **4. Almay One Coat Thickening Mascara**, \$7; drugstore.com “I’m sensitive to ingredients. This is hypoallergenic and does the job.” **5. Chanel Les Ombres Quadra Eye Shadow in Spices**, \$61; chanel.com. “Brings out the blue in my eyes.” **6. Shiseido Eyelash Curler**, \$19; sephora.com “If I don’t curl my super-straight lashes, it looks like I have none.”



“One beauty treatment I haven’t tried yet but would like to is laser spot removal for my face and chest. I have a lot of broken capillaries from pregnancy.”

56%

The percentage of moms who take selfies



A sampling of our survey takers who definitely know the art of the selfie

Your Go-To Beauty Destination Is the Drugstore

Mass merchandisers such as Walmart and Target top the list of where you shop for your beauty necessities. Your last purchase?

“Pond’s Luminous Scrub to make my face glow.”

“Revlon Color Stay Foundation. I need one that lasts throughout my workday.”

“EOS Lip Balm. I was traveling and needed something for my lips because they get dry.”

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² Pharmacy Times and U.S. News & World Report, OTC Guide, June 2014.



mederma.com

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40%

of you picked floral to best describe your current scent.

Note to the 17 percent who chose baby spit-up: This too shall pass!



Hot Floral Scents for Spring

1. Philosophy Live Joyously, \$56; philosophy.com
2. Fresh Honeysuckle, \$88; fresh.com
3. Kate Spade Walk On Air, \$95 for 3.4 oz.; nordstrom.com
4. Tocca Isabel, \$68; tocca.com
5. Bella Vince Camuto, \$78; macys.com



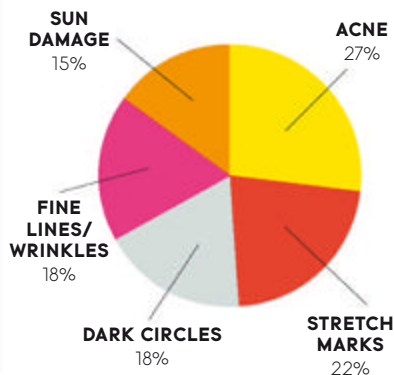
"I think mascara is the single most important thing you can use to look more put together."

—Stephanie S. Ryder, 31; Ladson, South Carolina

Stretch Marks Suck

For moms of babies and toddlers, stretch marks are your main concern. Come preschool, acne takes the top spot.

Your biggest skin issues overall:



Beauty Trends by Region

Moms on the West Coast use alphabet creams the most.



More moms in the Midwest have tried temporary jewelry tattoos.



Gel manicures are hot everywhere, but especially on the East Coast.



Moms in the South are most likely to spray-tan.



goodstuff Parents

Must-haves and must-dos for mom and family



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**Relieves sneezing, runny nose, itchy, watery eyes and itchy nose or throat. See carton for dosing information.

m

of the
moment

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The 10 Most Influential Millennial Mothers of 2015

In a time when “work-life balance” is constantly analyzed and overused, these moms are too busy doing it all to stop and think if it can be done. They are entrepreneurs, athletes, philanthropists, and celebrities all under 35 years old who show us it’s possible to do better, work harder, and think bigger. And they still somehow have enough hours in the day to come home and check homework or read a bedtime story. Want to be inspired? Get to know them!



The Modern Domestic Goddess

BRIT MORIN

Hometown San Francisco
Bay Area, California

Her kid Ansel, 6 months

Give an inspired girl a glue gun, and there's no end to what she can create," jokes Brit Morin, 29. As the founder of Brit + Co, a DIY crafts and editorial website (brit.co), Morin's redefining the image of millennial homemaker.

Since its start in 2011, the site, which aims to enable women in the digital generation to create, has grown nearly 300 percent per year and now reaches a community of almost 30 million unique users. And Morin's newly released *Homemakers* serves as a domestic handbook, addressing how technology and the opportunity to make products at home (we're talking wineglasses and toys made via 3-D printing) will continue to elevate the role of moms. "They want to be creative, just like any other woman," says Morin. "A mother should have the option to do something she loves to make money—or simply because she wants to create." Brit + Co now provides the skills for moms to start a business. Says Morin: "She can be a CEO in the traditional sense but also the CEO of her home."

—Maryn Liles

"The art of making happens both online and offline. We're trying to teach and inspire women to do more of that."



The Deal Maker

COLLIN MORGAN

Hometown Boise, Idaho • **Her kids** Nicholas, 13, Ayden, 10, and Piper, 8

After racking up \$60,000 in credit-card debt, Collin Morgan, 33, turned to couponing to help put groceries on the table for her three young kids. Seven years later, she's at the helm of one of the most popular deal blogs, *Hip2Save* (hip2save.com) filling in her 1 million-plus monthly visitors on how to cut costs on everything from coffee to laptops. "The deals she posts have saved me hundreds of dollars just on diapers," says Joni Collums, a mom of five in North Liberty, Iowa. "I watch the videos on her site and relate to her."

Morgan's initial couponing was rocky. "I spent way too much time and didn't end up saving much money," she admits. Once she got into her self-described coupon groove, she felt empowered to start a blog with

the tagline "not your grandma's coupon site," to help get others over the hump. After a year, traffic on the blog picked up and by 2010, she earned enough money from blogging and smart budgeting to pay off her credit-card debt. She receives ad revenue from the site and additional small fees from some companies and manufacturers she promotes.

Morgan went on to score a partnership with NBC's *Today.com*, and manufacturers began to offer her exclusive savings for her readers; now with up to 60 posts daily in busy seasons, she employs 12 moms to help her stay on top of deals. "I appreciate how easy the site is to navigate," says Chasity Munn, a Houston mom. "She takes the hassle out of couponing." —Karen Cicero

"It was important to me to have videos to modernize the concept of couponing."

The Baby-Gadget Guru

CHELSEA HIRSCHHORN

Hometown Miami Beach, Florida

Her kid Hunter, 21 months

We want our babies to be happy. If that means using tools such as NoseFrida: The SnotSucker to clear a stuffed nose or The Windi to relieve an infant's gas, parents are willing to try. "My generation craves efficiency," says Chelsea Hirschhorn, 31, who last year became president and CEO of FridaBaby (fridababy.com), which makes these hit products.

That these items have mass appeal is thanks to Hirschhorn's vision for their potential. Her friend Kaisa Levine, a native Swede, brought her country's baby nasal aspirator to America and gave it its memorable new name. Hirschhorn helped the company's founders increase exposure and distribution, doubling sales. After her son's birth, Hirschhorn knew what to launch next: a perineal irrigation bottle in a travel bag, The Momwisher.

And as her son, Hunter, toddles toward potty training, Hirschhorn's ready to talk Fridet: The Buttwasher. (It does what you think.) All items are about \$15, and are explained with simple, graphic instructions. "Innovation," says Hirschhorn, "is clearing the fuss." —Jessica Hartshorn





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The Voice of Peace

ALICIA KEYS • Hometown New York City • Her kids Egypt, 4, and Genesis, 5 months

The “Girl on Fire” singer hasn’t used her amazing vocal range just to heat up the pop and R&B charts and win 15 Grammys. Instead, Alicia Keys, also a mom of two boys, has worked her talents to inspire women everywhere to be their best self and give back along the way. “There’s too much darkness in the world,” she has said. “Everywhere you turn, someone is trying to tear someone down in some way; everywhere you go, there’s a feeling of inadequacy or a feeling that you’re not good enough. I want to bring a certain light to the world.”

And that she has. Keys, 34, first cocreated her organization Keep a Child Alive 11 years ago, after visiting Africa and seeing the dire need for lifesaving HIV treatment, care, food, and support services for children and families. She’s helped raise more than \$32 million to aid those in Kenya, Rwanda, South Africa, Uganda, and India affected by AIDS.

The New York native is very involved in the organization—she plans the annual Black Ball fund-raiser and brought awareness to the cause through the 2012 documentary *Keep a Child Alive With Alicia Keys*.

As if fighting AIDS wasn’t a big enough pursuit, while pregnant with Genesis, Keys—who counts Michelle Obama, Oprah, and the late Maya Angelou as positive influences—felt compelled to launch the “We Are Here” peace movement (named after her song that includes lyrics such as: “How we gonna save the nation, with no support for education?”) in September 2014. Its goal is to create an empowered global community. (Visit weareheremovement.com for more information.)

But as the multi-platinum artist and determined mom has already proven, she can do anything she sets her mind to. “Failure isn’t an option,” Keys has said. “I’ve erased the word *fear* from my vocabulary, and I think when you erase fear, you can’t fail.” —Patty Adams Martinez

“I’ve come to embrace the idea that even the simplest act of understanding, love, and attention can produce the biggest results.”



"How do you say 'thank you' for the ultimate sacrifice? We use our presence to stand in solidarity with those who have given all."

The Military Mom on a Mission

LISA HALLETT

Hometown DuPont, Washington

Her kids Jackson, 9, Bryce, 7, and Heidi, 5

Each Saturday at 9 A.M., Lisa Hallett, 34, arrives at DuPont PowderWorks Park. She joins a circle of 100 to 200 runners for a moment of silence. Each person then calls out the name of a military-service member who was killed during the 13-year War on Terror. Then, the person names the loved one in whose honor he or she is running. In Hallett's case, it's Army Captain John L. Hallett III, her husband who was killed in action in Afghanistan on August 25, 2009. After a short prayer, the runners push off.

This is the weekly ritual of Wear Blue: Run to Remember (wearblueruntoremember.org), the national nonprofit Hallett cofounded with fellow Army wife Erin O'Connor in 2010 that aims to honor the American military through running. "When life throws us tragedy, we want to quit," Hallett says. "When John died, I had a 3-year-old, a 1-year-old, and a 3-week-old. I remember a day when Jackson and Bryce were screaming in the tub, Heidi was screaming in her bouncy seat, and I was crying, thinking, 'How the hell am I going to do this?' But you push through it. Even now, when moments are terrible, I think, 'We are so going to survive this.'"

—Kara Corridan





The Natural

JESSICA ALBA • Hometown Los Angeles • Her kids Honor, 6, and Haven, 3

When Jessica Alba first pitched her idea of a nontoxic line of baby and household products to potential partners, she watched as their eyes glazed over. They likely wish they'd paid more attention: Just three years after Alba launched The Honest Company (honest.com) in 2012, it's valued at nearly a billion dollars, making the 34-year-old actress and mom of two a major player in the baby-and-kid market.

From Day 1, customers have snatched up the company's beautifully designed, eco-friendly products, such as its best-selling diapers and scented baby wipes, as quickly as they're churned out. "It's crazy how fast we're growing," says Alba from the company's Santa Monica office. "We'll have almost 400 employees by summer. I'm working with one of my office managers to figure out where we're going to fit everyone!"

"I want to know how something is made; I care about where it is sourced."

The idea came to Alba while she was pregnant with Honor. Alba was testing a baby detergent, and she broke out in a nasty rash. "That definitely opened my eyes," she says. "And the more I sought out products that didn't have questionable chemicals in them, the more I found it was hard to find things that were effective and also affordable."

Alba's business model ticks every box her millennial customers hold dear: sustainability, transparency (all ingredients are clearly listed), and a personal connection. She and her business partner train each of their customer-service reps—sometimes jumping on the calls themselves; they've even sent handwritten notes after shipping mishaps.

Most important, Alba is the real deal. When not filming (upcoming pics include the dark comedy *Barely Lethal* and a horror film, *The Veil*) she's in the office daily. "Or I'm in my kitchen, trying out essential oils for different cleaners," she says. The company is truly a family affair: Her kids have done everything from test diapers to pick scents for shampoo.

With The Honest Company and her daughters both growing rapidly, achieving any semblance of balance can be a challenge. "Some days I feel like I balance more than others," she says. "But if I can get in a workout, put in a productive amount of hours at the office, pick my kids up from school, make them dinner, give them a bath, put them to bed, and then have a glass of wine? That's a really productive day." —Jancee Dunn



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The Fund-Raising Pioneer

DESIREE VARGAS WRIGLEY

Hometown: Chicago

Her kids: Aedan, 11 months, Griffin, 3; stepmom of Danielle, 9

Shortly after Hurricane Katrina left thousands of families homeless, Desiree Vargas Wrigley received an e-mail asking for participation in a charity drive. "I felt that I needed to do more," recalls the Yale graduate. That's why, seven years ago, Vargas Wrigley and new friend Ethan Austin created GiveForward.com, a website that allows individuals to raise money to rebuild after a natural disaster, cover medical expenses, or even grant the wishes of sick children. It's now helped more than 100,000 families raise \$123 million—with 2.3 million unique visitors and 3.7 million visits per month.

Of the donations, GiveForward takes 5 percent for operating expenses and another roughly 3 percent goes to the online-payment provider (donors can opt to cover those fees). "It's important to me that as much of the donations as possible stays with families who are in need," says Vargas Wrigley, 33.

In 2014, about \$6,000 went to 11-year-old Isaac Garcia, of Salt Lake City. He has a rare form of macular degeneration that will make him legally blind, probably by high school. Upon hearing his diagnosis, he asked his mom, Kelli Lucas, if he could see Niagara Falls. To fund the trip, Lucas's husband, Rick, set up a GiveForward account. "I was blown away by the donations from strangers," says Lucas. They not only fulfilled Isaac's wish to visit Niagara Falls, but he was also able to go to Italy in February. —Karen Cicero



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The Ultimate Soccer Mom

AMY RODRIGUEZ • Hometown Lake Forest, California • Her kid Ryan, 1

Most world-class female athletes forgo parenthood until they finish their athletic career. Not Amy Rodriguez. The 28-year-old forward for the U.S. Women's National Soccer Team became pregnant in her prime, forcing her to miss the entire 2013 season.

Had she chosen to retire right then, Rodriguez would have already amassed a remarkable résumé: She won her second Olympic Gold Medal with the U.S. team (ussoccer.com) in 2012 and a silver at the 2011 World Cup. She once scored five goals in a single qualifying match, appeared in more than 100 contests for the U.S. team, and led USC's team to its thus far only championship.

But Rodriguez wasn't ready to hang up her cleats. With the help of a physical therapist, a trainer, and a

strength-and-fitness coach, she was back on the pitch in just four months. "I was super-committed, but I also had a ton of help," she says.

Rodriguez has arguably been even better since her return. Last season, playing for FC Kansas City, she notched 13 goals in 22 games. Her heightened conditioning helps her make endless runs toward the goal, but she also credits becoming a mom: "It's helped me be more composed and relaxed on the field," she says. She'll need all the serenity she can muster in Canada this June, where the No. 2-ranked U.S. team hopes to win its first World Cup since 1999.

Raising a toddler while trotting the globe is a constant challenge—she alternates caring for Ryan with her husband, Adam, a physical therapist—but Rodriguez embraces her status as a role model to women and girls. "I'm proof that if you're devoted and put your mind to it, you can do anything," she says. "We all have the inner strength to be supermoms."

—David Sparrow

"Having a baby helps me put things in perspective."

The Start-Up Queen

JENNY FLEISS

Hometown New York City

Her kids Daniella, 3, and Jake, 3 months

Jenny Fleiss was in her second year at Harvard Business School. A classmate's sister was shopping for a designer dress and this sparked an idea: What if women could rent designer dresses online? Along with classmate Jennifer Hyman, she ran a trial to see if women would actually pay for the service. "When we saw them twirling around in dresses with an extra bounce of confidence in their step, we realized how powerful this could be," Fleiss says.

Fleiss, now 31, and Hyman, now 34, wasted no time starting Rent the Runway. Since launching in 2009, RTR (renttherunway.com) has grown to more than 5 million members and offers more than 270 designer brands. They're adding brick-and-mortar shops, and a new subscription service that allows members to rent unlimited dresses and accessories. "It's important for us moms to have moments where we get to dress up and feel glamorous," Fleiss says. "Every woman is her own celebrity."

—Chrisanne Grise



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The Change Maker

CHELSEA CLINTON

Hometown New York City • Her kid Charlotte, 7 months

When Chelsea Clinton sat down with Elmo to read him a book earlier this year, she'd already had some practice getting into a kid state of mind. The First Daughter, who grew up in the White House, famously became a mom herself last September, when Charlotte Mezvinsky was born. Clinton, 35, has publicly expressed the joy she gets from reading to Charlotte every night, but she wasn't simply sharing her appreciation for a good book with the *Sesame Street* star. Clinton was promoting Talking Is Teaching: Talk, Read, Sing, a campaign to improve childhood-vocabulary development launched by Too Small to Fail, a joint initiative of the Clinton Foundation (where she works with her parents) and Next Generation, a nonprofit organization that works to improve the health and well-being of America's kids.

"I have always had a sense of optimism that the world really can get better," said Clinton, vice-chair of the Clinton Foundation.

Clinton shares her parents' passion for public service and philanthropy. Joining the Clinton Foundation in 2011 after working several years in the private sector and pursuing her education (she holds a doctorate in international relations from Oxford University) was a smart, if not an easy, decision. "It's frustrating, because who wants to grow up and follow their parents?" Clinton has said. "I've tried

really hard to care about things that were very different from my parents. It's a funny thing to realize I feel called to this work both as a daughter—proudly as a daughter—and also as someone who believes that I have contributions to make."

Clinton is motivated to bring attention to issues that "existed too long in the shadows." (One way she's spreading the word is on Twitter, @ChelseaClinton.) With mom Hillary, Clinton coleads No Ceilings: The Full Participation Project, to advance and inspire the full participation of women and girls in the U.S. and around the world. "The goal is to ask: If women and girls were equal participants culturally, politically, socially, what would their countries look like?" she's said. Then there's her commitment to the Alliance for a Healthier Generation, which fights childhood obesity in the U.S., and the Clinton Health Access Initiative, which helps to provide lifesaving medicines, including those for diarrhea (the second-leading killer of children under 5) to the developing world.

One thing is for certain: Being a new mom is not slowing her down. If anything, motherhood is driving her to work even harder: Clinton's said: "One of the things that I deeply hope for is that the conversations that [my daughter] will be having with her friends and her communities will be radically different and unimaginable from the ones that we are having today, because the world will look very different." —Melissa Bykofsky

"I want to be a parent who works to improve that world around me. I was raised to believe that if you can do something, you should do something."



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Please see additional Important Safety Information about Essure on next page.

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Important Safety Information (continued)

WARNING: Be sure you are done having children before you undergo the Essure procedure. Essure is a permanent method of birth control.

During the procedure: In clinical trials some women experienced mild to moderate pain (9.3%). Your doctor may be unable to place one or both Essure® inserts correctly. Although uncommon, part of an Essure insert may break off or puncture the fallopian tube requiring surgery to repair the puncture. Your doctor may recommend a local anesthetic. Ask your doctor about the risks associated with this type of anesthesia.

Immediately following the procedure: In clinical trials some women experienced mild to moderate pain (12.9%) and/or cramping (29.6%), vaginal bleeding (6.8%), and pelvic or back discomfort for a few days. Some women experienced nausea and/or vomiting (10.8%) or fainting. In rare instances, an Essure insert may be expelled from the body.

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f t t



generation unmarried

Today's young parents are committed to their kids, even if they avoid walking down the aisle. by ALISA BOWMAN

IT JUST didn't make sense. Yes, Katherine Sosa had missed a period, and the lines on the pregnancy test were clearly dark. But she and her boyfriend, Nick Welton, had been really careful. So the grad student from Fort Lauderdale bought three more tests—which were all positive.

She called Welton, who worked as a basketball coach two hours away.

"Could you come this weekend? I need to talk to you," she said.

"Are you okay?" he asked, sounding concerned.

"Yes, I just want to talk to you."

"Are you sure you're okay?"

She couldn't make him wait any longer. "I'm pregnant."

Only a few decades ago, a young couple in this situation probably would have quickly tied the knot. Less than nine months later, when they welcomed their baby into the world, relatives and friends might

have done the math and whispered, "Shotgun wedding..." However, instead of getting married, Sosa and Welton decided to move in together a few months before their daughter, Gabriella, was born.

"My family wanted us to get married, but we agreed that we didn't want to do it just to make them feel more comfortable," says Sosa. Two years later, they have settled into parenthood, and

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Marriage isn't a must for being a superhero mom.

marriage seems less and less crucial to them. “Not being married gives us a heightened awareness of the possibility of losing one another, and that helps us deal with issues as they arise,” Sosa admits. “We’re happy where we are.”

They’re among the many millennial parents (those born after 1980) who are bucking convention by either delaying marriage or opting out completely. Certainly, celebrities of all ages have made it fashionable to forgo the altar—Brad and Angelina finally got married, but Kourtney Kardashian has had three children with boyfriend Scott Disick, for example, and Naomi Watts and Liev Schreiber have two. However, the unhitched trend is growing everywhere from

Washington State to Washington, D.C., despite the fact that some proponents argue that having married parents is best for children.

Between the 1970s and the early 2000s, the percentage of women who got married by the time their first child was born fell by half, according to research by Jonathan Vespa, Ph.D., a demographer with the

U.S. Census Bureau, and Kimberly Daniels, Ph.D., of the National Center for Health Statistics. The percentage of unmarried pregnant women who lived with their baby’s father by the time of the birth jumped from 8 percent to 28 percent. Says Dr. Vespa, “It’s been a record transformation.”

➔ License to Choose

As a generation that’s grown up with technology that becomes obsolete every few years, we might seem to be simply wary of commitment—but the real reasons couples don’t wed are often practical.

Allison Tine and Brian Govatos, of Philomath, Oregon, have been together for four years. Although Tine says she always happy-cries at weddings, she and Govatos have no plans to ever have one. “Traditional marriage is beautiful and wonderful, but it’s not important for me because a wedding is what you do when you start your life with someone. With two kids, a dog and a cat, we’re already living it.”

The story is much the same in Bear Lake, Utah, where Brittany Bills and Jesse Alston have been engaged for seven years. Their daughter, Autumn, is now 2, and they are no closer to planning a wedding. At first, they were just putting off getting married until they could have the kind of wedding they wanted. Over time, though, Bills says being unmarried has kept things fresh and exciting. “Even though we’ve been together for so long, we still work to

Status Update

The percentage of 18- to 32-year-olds who are married has dropped with each new generation, according to Pew Research Center.



48%
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Boomers



36%
Gen X



26%
Millennials



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Does being unmarried make parents more playful?

keep each other interested because we aren't legally tied," she says.

Despite how common this situation is, society hasn't even come up with a good term for a live-in lover who's also the parent of your child. "Boyfriend" and "girlfriend" sound too casual, and "partner" is often reserved for same-sex couples in this country. Many couples refer to each other as "my fiancé," even when there's no ring.

Marriage definitely isn't considered to be the first step of adulthood the way it was for our parents or grandparents. Instead, many couples want to reach certain milestones—being established in their career, getting out of debt, amassing a nest egg, buying a house—before tying the knot, says Christina M. Gibson-Davis, Ph.D., associate professor of public policy, sociology, psychology, and neuroscience at Duke University.

For Catherine Clinger and Doug Cooper, of Paris, Kentucky, those milestones can feel as far off as their eventual retirement. Mired in student debt, they are raising

4-year-old Ben, who has autism. All their monthly income is earmarked for his care and necessities like housing expenses, car insurance, and student-loan payments. "With the cost of Ben's therapies, it isn't practical for us to spend money on a wedding," Clinger says.

Of course, the couple could marry at the county clerk's office for a fee of \$35, but that would financially harm them in other ways. Clinger has bad credit, whereas Cooper's is excellent. "We just finished paying off his car, and with his credit being as good as it is, he's getting ready to close on the purchase of our first home," Clinger says.

➔ Postmodern Family

Ironically, heterosexual couples are increasingly wary of getting wed while same-sex couples are fighting for the right to marry. There has been a sea change in support for gay marriage, which is now legal in 37 states and the District of Columbia. Back in 1997, when Ellen DeGeneres came out, advertisers refused to buy airtime on *Ellen*. When Mitchell

and Cameron said, "I do" on *Modern Family* last year, ratings soared. (Now, of course, Ellen's show is embraced by marketers.)

Jennifer Henson, of Prior Lake, Minnesota, isn't gay, but she attended rallies, signed petitions, and donated money in support of marriage equality. She'll never forget how thrilling it was in 2013 when she got a text message at work saying that Minnesota had just become the 12th state to legalize same-sex marriage.

Nevertheless, Henson spent nine years living with Paul Carlsen, the father of her 3-year-old son, Kaleb. "I believe it's every person's civil right to be able to marry whom they choose. At the same time, marriage is not something I feel I personally need," says Henson, who recently split up with Carlsen. "We had been secure in our relationship, and no wedding, piece of jewelry, or common last name was going to make us feel any more so."

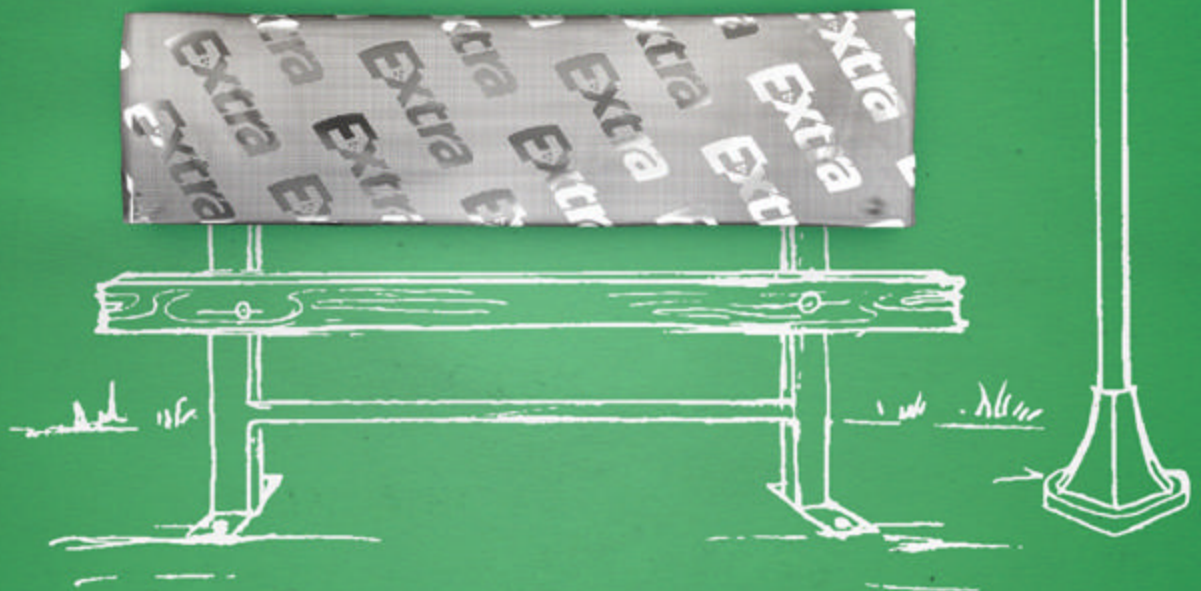
➔ Singular Truths

Certainly, having a baby creates a lasting bond between two people. But many young couples simply don't want to risk tying a knot that they fear might break one day. Some were raised by divorced parents, and others have watched the marriages of friends and coworkers dissolve or have already been divorced themselves.

"In some ways, marriage isn't as intrinsically necessary as it used to be when women needed a husband for financial reasons," says Dr. Gibson-Davis. "At the same time, it has become symbolically more important. People have a lot of respect and reverence for the institution of marriage."

However, unmarried parents who live together are three times more likely than married parents to separate by the time their child turns 5, according to statistics

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from the National Marriage Project at the University of Virginia, in Charlottesville. This instability may explain why studies have shown that children raised by married parents tend to do better in school and have fewer behavioral problems than kids raised by cohabiting parents, says W. Bradford Wilcox, Ph.D., director of the National Marriage Project and associate professor of sociology.

However, there are at least two huge factors that could be confounding those findings: poverty and a lack of public support. Whether your children end up happy, healthy, and successful may depend more on your financial stability and access to good public schools and less on your marital status, says Carmel Hannan, D.Phil., a sociologist at the University of Limerick, in Ireland. Her latest research shows that once you control for parents' socioeconomic resources, poverty, and access to education, most of the differences in outcomes between children of married, single, and cohabiting parents disappear.

In France and in Scandinavian countries, where cohabitation is common and well-accepted, these

relationships are considered to be a substitute for marriage and they tend to last, says Andrew J. Cherlin, Ph.D., professor of sociology and public policy at Johns Hopkins University and author of *The Marriage-Go-Round*. That may be due, in large part, to the fact that both cohabiting and married parents have access to paid family leave and subsidized child care in Western Europe. This helps reduce financial stress, which is one of the most common reasons why relationships end, Dr. Cherlin says.

But here's the biggest problem with statistics: They don't apply to everyone. Even if unmarried parents are more likely to break up than married ones are, not all of them do—and they can raise happy, well-adjusted children. Take Jill Barndollar and Erik Howland, of Aliso Viejo, California, who have been together for 13 years and have two children. "I've been told that we're so lucky things worked out for us," says Barndollar. "We are not lucky! We put a lot of effort into our relationship and family, and we have outlasted 90 percent of the weddings we've been to. In our book, that's a win."

3 Ways to Go the Distance

Whether you're married or not, you can boost your chances of lasting relationship success with these pointers.

★ **Pick inspiring role models.**

Who are the happy couples in your world? Lean on them for advice and support. When you're going through a tough time, these are the people who'll be more likely to help you solve your problems and grow closer.

★ **Identify a clear future path.**

"Couples with long-term plans are more apt to go the distance," says Dr. Bradford Wilcox. Talk together about

where you would like for each other and your family to be five, ten, and 25 years from now.

★ **Be generous toward each other.**

Look for the positive in your partner, highlighting what he does right—and do small acts of service for each other, suggests Dr. Wilcox. Maybe that's bringing him coffee in the morning. Or perhaps it's intentionally not eating the last piece of chocolate so that she can enjoy it instead.



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get rid of wall grime

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- ➔ Mix equal parts baking soda and water and apply to the area. Let dry and wipe off. *
- ➔ Be sure to use a microfiber cloth—otherwise you'll burnish the wall's surface and leave behind a telltale sheen where you washed.
- ➔ The next time you paint, choose a more durable finish. Gloss and semigloss paints are easier to clean than satin or flat paints, which can be damaged with even light scrubbing.

* Then tell your kids to wear gloves in the house from now on! JK. (Sorta.)



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the timesaving kitchen

Forget a pricey remodel! Make every recipe faster by taking these simple steps to reorganize the space you have. Plus get the buzz on new products that can speed up cooking and cleanup even more. **by PATTI WOLTER**

MY KITCHEN is nothing special, and I'm okay with that. I may dream of quartz countertops and stainless-steel appliances, but with two kids, a dog, and two careers to manage, a complete renovation just isn't in the schedule. And frankly, we would rather spend the money on a good family vacation. At the same time, I concede, my kitchen isn't exactly working for me either. We have plenty of space, but one person at the helm is a corner-to-corner

marathon; two people cooking at once is a series of collisions.

What I need is a kitchen that prioritizes my time without costing me tens of thousands of dollars in construction costs. And thanks to design and appliance experts, I have found out what it takes. Not every tip here will work for all kitchens. But look at the space you have, and figure out which of the following ideas can make you sing while you (quickly) make supper.

➔ Before You Begin

Get kitchen clutter under control. Donate everything that takes too much time to set up, doesn't get used, or is brilliant for that one task but is a pain to clean. (Or preserve kitchen real estate by moving them to the basement.) Ditch duplicates except for items you use repeatedly, such as measuring cups and spoons, spatulas, wooden spoons, and veggie peelers.



Move to a Zone Defense

It's the key to having two or more people work in the kitchen harmoniously while the kids pop in and out for drinks or (gasp!) to put their plate in the sink. You'll need these five zones, if possible.

A

Cooking Space

Near your stove, have at least one good knife and cutting board for items that need a quick prep before you drop them into the pan. Keep pots and pans hanging nearby or easy to access in drawers with pull-out shelves so you don't have to rummage down low. Place a utensil caddy on the counter by the stove with only your favorite stirring spoons, spatulas, and tongs.

B

Cleaning Section

Move your family's trash and recycling bins near your sink and dishwasher. Need a new dishwasher? Bosch offers models that feature a "Speed Perfect" cycle that can wash the same full, soiled load you'd put through the normal cycle up to 25 percent faster, saving about 30 minutes.





C

Prep Area

Designate space for your prepping station near the sink and trash. Store colanders, knives, the food processor, measuring cups, small containers, cutting boards, and mixing bowls there so you'll have easy access.

D

Self-Service Station

Tired of grabbing a drink or a snack for the kids? Set up an area where they can snag it themselves—and not get in your way. (See the next page to learn how to organize it.)

E

Pantry Pointers

If you have space for an actual pantry, organize it in sections for baking, cooking, and on-the-go snacks that don't fit in the self-serve station. If not, divide up the goods by whether they need to be cooked. For instance, store rice, pasta, chicken stock, olive oil, vinegars, herbs, and spices in cabinets near the stove. Keep nut butters, bread, and ready-to-eat cereal closer to the prep zone. Group flour, sugar, vanilla extract, and your other baking supplies in a cabinet.

Set aside a place away from the everyday pots and pans for your cupcake trays, rolling pin, and other baking items.



Self-Serve, Simplified

Organize your family's to-go area so it takes care of everyone's needs, whether that's a cup of coffee to bring to work or a couple of granola bars and a drink for the soccer game. It's also an area where you could pack your kids' lunch or even teach your child how to do it himself. Position it away from the stove and near at least one cabinet, where you can stash nonperishable snacks, water bottles, sippy cups, and plastic plates. Ideally, it's also near the fridge so you can set aside a shelf with ready-to-eat fruit and veggies, string cheese, and other healthy snacks. On the counter, place a fruit bowl, your toaster, and a coffeemaker.



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ThawThat II

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The Slow-Cooker/Pressure-Cooker Smackdown

It's a tie! A pressure cooker makes high-effort Sunday-meal dishes like risotto, stews, or roasts ready on a weeknight timetable, taking up to two thirds less time to cook, says *Parents* test-kitchen manager Carla Christian, R.D. You need to be home to keep an eye on it, though. A slow cooker allows you to prep in the morning, leave the house, and return to a cooked meal hours later. (Follow the safety precautions recommended by the manufacturer.) Consider both for your kitchen arsenal, depending on your needs.

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The Juicer vs. The Blender

Which one deserves your precious counter space? "The blender wins hands down," says Christian. It's more versatile—for instance, you can make smoothies, puree soups or homemade baby food, even turn stale bread into useful breadcrumbs. And then there's the matter of the juice itself. When researchers from Texas A&M University made grapefruit juice using a blender, a hand squeezer, and an electric juicer, they found that the blended juice had much higher levels of healthy plant compounds and antioxidants because it contained the most pulp.

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stick to a budget

by TERI CETTINA

Does your money not stretch as far as it used to? (Having kids can do that.) You know what you're supposed to do: Create a budget. But if you fear that doing so will squeeze the joy out of life, it's time to switch your mind-set. "A budget is actually a spending plan that gives you financial freedom," says Ellie Kay, Moms Money Clinic advisor and author of *Living Rich for Less*. Taking control of your finances will mean fewer debts, less stress about overdue bills, and fewer money arguments with your partner. Sound more appealing now? Read on.

Start here

➔ Add up your income.

List your and your partner's net earnings—the actual amount you see every month after taxes on your paychecks or direct-deposit transactions—by using the free budgeting programs at Mint.com or BudgetTracker.com. Factor in any freelance and interest income as well as any alimony or child-support payments you receive.

➔ Estimate expenses.

Review your bank-account and credit-card statements for the past three months, suggests Stephany Kirkpatrick, CFP, Moms Money Clinic advisor and vice president of operations and financial advice for LearnVest.com. Then list all your recurring costs—rent or mortgage, groceries, gas, child care, eating out, entertainment, and so forth. Don't forget to create separate categories for debt (such as from credit cards and student and car loans).

➔ Balance your budget.

It's time to plug in projected monthly dollar amounts for each expense category. Total them up to calculate your spending plan. "This is your reality check—like stepping on the scale at the beginning of a diet to determine your starting weight," says Kay. If your budget exceeds your income, it's tough-love time. You'll need to make achievable reductions in your spending until your expenses match or fall below your income. Include a bucket for savings (\$20 a month will do for starters). Also be sure to work in a little "fun" money for date nights and family outings—even if you have to trim back somewhere else.

➔ **Check in regularly.** Log on to your budgeting program and review it at least every other week. Confirm that your transactions



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Prudential recently asked people from around the country to share important events that happened to them in the past, along with ones that might happen in the future. We displayed thousands of their answers and discovered an interesting fact: While the past was an even mix of good and bad, our participants believed that the future would be mostly good.

Behavioral scientists call this “optimism bias,” and it’s a major reason why many people fail to plan for risks they’ll likely face in the future. So talk to your financial professional to learn how Prudential can help you protect against whatever tomorrow may bring. Hope for the best. And plan for the rest.

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(from your linked bank and credit-card accounts) are being funneled to the correct categories. Also look at your online bank and credit-card statements to see how you're doing.

➔ **Schedule twice-monthly meetings.** Budgeting isn't a set-it-and-forget-it process. Once you've entered your spending plan, review it with your partner mid-month: Is there enough left in each area for the remainder of the cycle? If not, make adjustments. At the end of the month, analyze what went right and wrong. Did you eat out too much? You may need to increase your allowance in that area and cut back somewhere else. Are there any special events (weddings, baby showers) coming up to factor in to your expenses? Plan accordingly.

➔ **Make gradual tweaks.** Exceeding spending limits is common for budgeting newbies. To get back on track, Kay suggests cutting spending in one area at a time. Try easing your transportation costs by shopping for new car insurance one month. Then focus on trimming your supermarket bills the next by shopping for sales items and utilizing money-saving sites like CouponMom.com and CouponSherpa.com.

➔ **Get help.** If you're struggling with your budget, Kay suggests reaching out to another mom who seems to handle money well and

asking for tips. You can also look into classes like Dave Ramsey's Financial Peace University and consumer-education websites such as SmartAboutMoney.org and AmericaSaves.org. If you're drowning in debt and considering bankruptcy, go to the National Foundation for Credit Counseling website, nfcc.org, and search for a low-fee credit counselor (the typical cost is around \$25 per month). She may be able to negotiate reduced payments with creditors.

➔ **Pat yourself on the back.** Sticking to a spending plan takes perseverance, so congrats. You're well on your way to becoming more confident and competent about your finances. "Knowing what you can and can't spend may help you avoid guilty moments and stay focused on your money goals," says Kirkpatrick.

Make no mistake

The biggest error families commit when setting up a budget: trying to reduce their expenses too steeply all at once. "If a spending plan is too restrictive, parents won't be able to stick with it," says Kay. Instead of slashing entertainment expenses in half, try chopping them by, say, 25 percent and see how that goes.

\$245,340

That's the amount an average American family should expect to spend in child-rearing expenses up to age 18 (not including higher education), or about \$13,630 per year, according to the U.S. Department of Agriculture. Housing accounts for 30 percent of the cost; child care and education make up 18 percent; and food comprises another 16 percent.

dollars
& sense



Mom Cari Daley asks

"Which should come first, shrinking our family's debt obligations or building an emergency fund?"

Daley and her husband, Nick, from Wesley Chapel, Florida, have four children ages 8 and under. They get by on Nick's modest income as a medical resident. Aside from making his paycheck stretch for an entire month, their biggest personal finance challenge is figuring out their budgetary priorities.

Moms Money Clinic advisor Stephany Kirkpatrick answers

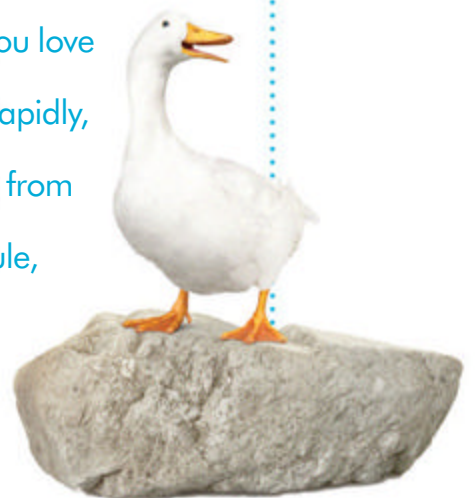
The Daleys should do a bit of both these things. For starters, they can pay at least \$10 more than the monthly minimum on each credit card, and then deposit any remaining amount into an emergency savings account. Once they've accumulated one month's worth of take-home income, they can focus exclusively on eliminating debt. After that, it's time to increase their emergency fund to three to six months. Having a cash cushion can help prevent them from creating new debt when the unexpected happens.

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reverse solution

When my daughter woke up from her naps, she would unzip her sleeper and explore her diaper (gross!). I cut the feet off all of her sleepers and now I put them on her backwards so she can't reach the zipper.

Jennifer Gurwitz; Wyomissing, PA



DJ drawing

My kids used to argue about what music we'd listen to in the car. So I decided to make "tickets" marked with each of their initials.

When we get in the car, I pick a ticket randomly and the winner gets to choose the music for that ride.

Sheilah Bradley; Crofton, MD

cool idea

Instead of using ice cubes to cool my children's hot soup, I add a few small frozen veggies. They cool the soup down quickly, don't leave it watery, and give my kids extra nutrition.

Sarah McCune; Brownsville, CA



token of affection

Our 5-year-old, Grant, was not adjusting well to his dad leaving for work before he was awake. To help him know his dad had hugged him goodbye in the morning, we made a heart-shaped pillow for my husband to place beside him. When Grant wakes up, he sees the pillow and knows Daddy was there that day!

Dawn Wiles; Fairfield, IL

color corrector

My roots start to show between salon appointments. For a quick fix, I grab one of my sons' Crayola Pip-Squeaks washable markers (my favorite shade is Tiny Toad Brown) and apply to damp hair. It conceals my grays, washes out when I shampoo, and is cheaper than a root-touch-up kit or hair mascara!

Kimberly Wrenn; Marietta, GA



sneaky spot

To hide your house key, place it inside a prescription bottle. Hot-glue the lid to a rock and twist the bottle shut. Bury it with the rock still sitting above the soil so you can easily unearth it.

Jessica Okui; ZakkaLife.com

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Tracy with Liam



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PREGNANCY

healing hints

Get the scoop on how to give your body some TLC after your baby arrives. **by LAUREN FREY DAISLEY**

I FELT prepared for the labor and delivery of my first child, but recovering from giving birth was a surprise. At my postpartum checkup my doctor assured me I was healing normally, but “normal” felt a lot rougher than I’d anticipated. Since then, I’ve talked to other moms who say they were equally unprepared for their recuperation. Prenatal education classes tend to focus almost entirely on the birth; however, understanding the recovery process can help you feel less stressed about the changes taking place in your body and better able to focus on your baby. Our experts share what to expect.

➔ Six weeks for recovery is just an estimate.

I’d read that it takes six weeks to bounce back from a vaginal delivery, but you may need more time to heal from bruising, swelling, stitches, and sore muscles, says Isa Herrera, women’s health specialist and the clinical director of Renew Physical Therapy, in New York City. Soaking your bottom in a sitz bath—a shallow tub filled with warm water—can help ease some vaginal discomfort. If you’ve had a C-section, you’ll need at least 12 weeks to recover.

No matter how your baby arrives, you may have mild cramping as your uterus contracts back to its usual size, shape, and position. You may lose some hair, develop acne, feel teary, and have night sweats until your

hormones return to normal. While you and your baby are learning to breastfeed, you may experience sore nipples and engorgement (a condition in which your breasts are swollen with milk). See a lactation consultant if you continue to be uncomfortable.

➔ The frequent bathroom breaks won’t be over yet.

You might feel like you’re peeing as often as you did when you were expecting. Pregnancy causes swelling in your body and an increase in your blood volume, and that excess fluid must be eliminated, says Myra J. Wick, M.D., Ph.D., a specialist in the department of obstetrics and gynecology at the Mayo Clinic. If you had a vaginal delivery, you may have difficulty feeling the urge to go because childbirth can cause mild temporary damage to nerves of the bladder. Try to urinate frequently, even when you don’t feel the need. You may also leak a little urine when you cough or laugh. This is common during pregnancy and after childbirth because both can weaken your bladder muscles. Practicing Kegel exercises, in which you squeeze, hold, and then release your pelvic-floor muscles, can help.

➔ Those disposable mesh undies will be a lifesaver.

Whether you have a vaginal delivery or a C-section, you’ll have vaginal bleeding (called lochia) that’s heavier

than a typical period because you’ll be bleeding from the site where the placenta was attached, as well as shedding the thick layer of uterine lining that cushioned your baby. Stock up on as many pairs of the hospital’s free undies as you can. They’ll keep your own panties from getting ruined, and they’re made of a stretchable, spongy mesh fabric that’s good for holding maxi pads (avoid tampons until you’ve healed completely). Additionally, they’re waistband-free, unlike most regular underpants, so they won’t irritate your C-section incision, if you have one. Once you run out of the hospital underwear, high-waisted panties from the drugstore are an inexpensive substitute. “After two weeks, you shouldn’t have any more heavy red bleeding,” says Coralie Macqueen, a certified nurse-midwife in New York City. “By six weeks, all of the bleeding should stop.”

➔ Take it slow, even if you feel better fast.

Ease into your new routine with help from family and friends. You’ll be tired after giving birth and you’ll appreciate having someone else do the laundry and help prepare meals. Limit trips up and down the stairs, avoid long walks, and wait to do rigorous exercise until you get the go-ahead from your doctor. “You need sufficient rest for the muscles and ligaments that hold your uterus in place to regain their strength,” says Macqueen. Since I have stairs in my house, I came up with this solution so I could stay on one floor for most of the day: I packed a bag full of anything breakable that I would need from upstairs, and then I chucked pillows and blankets downstairs. My method wasn’t graceful, but it helped me get the rest I needed to return to my old self. Take heart. You’ll bounce back too. ✕



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BABY 0–12 months

creating memories

Boost your infant's recall ability with these research-backed strategies. by **TAMEKIA REECE**

YOU'VE PROBABLY wondered whether your baby will remember a particular moment, a certain toy, or that first trip to the zoo. While she won't be able to recall those memories later in life, they're still crucial to her development. That's because memories provide the building blocks for learning, says Lisa Oakes, Ph.D., professor of psychology at the Center for Mind and Brain at the University of California, Davis. "It's through remembering and retaining information from those experiences that babies are able to make sense of their environment," she explains.

Your baby's memory doesn't work like yours yet—she's not able to think back about an event, so it's more like there's a sense of comfort or familiarity when she experiences something she recognizes. But her tiny memory muscles are still hard at work from the moment she's born. At first, she relies on what's known as procedural memory, which is responsible for motor skills like sucking, swallowing, making sounds, and eventually rolling over and walking, says memory researcher Stephen Christman, Ph.D.,

professor of psychology at the University of Toledo, in Ohio. By 6 weeks, she begins to build her semantic memory, or general world knowledge. This helps her recognize Mommy and Daddy as her parents, not strangers; it helps her learn that certain types of foods are tasty and others aren't; and later it will help her know her own name and the meaning of words like *dog* and *ball*. (A third type of memory, which will help her remember specific events like that trip to the zoo, won't start to kick in until around the time she reaches preschool.)

These memory skills will develop naturally, but there are also some easy ways for you to help them along.

➔ Keep it fresh

When your baby experiences something for the first time, it stimulates the areas of his brain that are responsible for storing and retrieving memories, says Dr. Christman. It also causes his brain to form new connections among the nerve cells. The more of these neural connections your baby has, the more ways he has to process information (which makes him smarter!). Caressing his tummy with a feather, showing him how to squeeze a new bath toy, or playing together in the grass are all ways to help wire those connections. It's also important to let him figure out how to master some tasks on his own, such as how to handle blocks that keep tumbling.

➔ Repeat, repeat, repeat

That said, things don't have to be different all the time. "The brain is also fine-tuning some of the already-formed connections, and that process requires repetition," Dr. Oakes says. It's like when you watch a movie a second time and pick up on details you may have missed the first go-round. "Infants form stronger and deeper memories with repeated exposure," says Dr. Oakes. Do things over and over, like singing the same handful of songs, playing your baby's favorite game every day before naptime, or taking her for a stroll after lunch. Sticking to routines, while sometimes varying them in some way (for instance, saying "peekaroo" instead of "peekaboo" or swapping out one of your usual songs for a new one) does double duty: It strengthens the preexisting connections while forming new ones.

➔ Use your words

Children whose parents talk to them often have a bigger vocabulary and start speaking sooner because they store many of the words they hear in their memory. Once your baby starts to babble between 4 and 6 months, join in by smiling, making eye contact, repeating the sounds he makes, and then pausing to give him a chance to respond. "This back-and-forth teaches your baby how to take turns during a conversation and allows him to hear, remember, and repeat a few sounds at a time," says Sherry Artemenko, a speech-language pathologist and founder of Play on Words, a service that offers speech and language coaching.

Reading him books will help teach him context for new words. For instance, a book about a cow will use certain words (like *cow* and *spots*) repeatedly and in a variety of ways. The pictures will help sharpen his memory for those words. You can also narrate your daily activities

* Remembering information from past experiences helps your baby make sense of her environment.



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using descriptive vocabulary. When you say, “Let’s put on your red-striped shirt” or “I can feel the warm sand on my feet,” you’re helping your baby get ready to say his first word, says Artemenko.

➔ Tune in

Babies learn information more easily when it’s paired with a melody, according to researchers at Carnegie Mellon University, in Pittsburgh. “It’s the rhythm, rhyme, and pattern of the song that makes it easier to remember things that are set to music,” Artemenko explains. For instance, with “The Itsy-Bitsy Spider,” the melody and rhyming words help your baby predict what comes next. That’s why she’ll catch on quickly to wriggle her fingers like a spider. To encourage memory retention through music, sing short, upbeat songs like

“Head, Shoulders, Knees, and Toes,” and point to each mentioned part. You can make up your own songs too. Holding up a photo of her grandparents while singing, “This is Grandma; this is Grandpa. They love you” to the “Where is Thumbkin?” melody may help them seem more familiar next time your little one sees them.

➔ Put on a smile

Your child is more likely to recall something if it’s accompanied by a positive emotion. In a recent study at Brigham Young University, in Provo, Utah, 5-month-olds remembered a geometric shape better when it was presented alongside someone with a happy voice and face as compared to when they were shown a shape coupled with someone with an angry or neutral voice or facial expression.

“It seems that positive emotion heightens a baby’s attention and arousal,” says Ross Flom, Ph.D., lead author of the study and professor of psychology at BYU. So whether you’re showing your infant how to make a toy light up, playing a matching game, or talking about the bird on the sidewalk, use lots of cheery facial and vocal expressions to help make the information stick. ✕

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TODDLER 1-2 years

sibling bonding

Teach your child to play nicely with an older brother or sister. by **RACHEL RABKIN PEACHMAN**

ONE OF MY dreams has been for my kids to become great friends with each other—and it seemed to be coming true at first. When Lena was 3½, she loved entertaining her baby sister, and Annika was enamored of Lena's every move. But when Annika turned into an assertive, destructive 1-year-old, things became more complicated. Though there were times I'd find them giggling together, Annika would also regularly swipe toys, topple Lena's coveted princess figurines, and crowd her space. I wished I could wave a magic wand and make the discord disappear.

It turns out that there is a lot parents can do to foster positive play, even when one child is an impulsive toddler. "A child as young as age 2 can start to learn the concept of respecting people's feelings, listening to each other, and working toward solutions," says Adele Faber, coauthor of *Siblings Without Rivalry*. Follow these guidelines to help your kid get along better with her big sib.

→ Instill manners

While many parents are inclined to excuse their toddler for not knowing how to act properly, this approach often backfires. "It causes a younger child to believe she has free rein and makes an older child resentful," says Lisa Hanson, coauthor of *The Siblings' Busy Book*. Rather than overlooking bad behavior, guide your child toward taking turns and model how to be considerate and polite. Gently remind

her not to grab toys, and promote patience by saying things like, "Your sister is playing with the blocks right now, but if you stay calm she'll let you have them when she's done." Even if your toddler doesn't fully grasp your words, she'll pick up on the tone.

→ Foster teamwork

Since siblings often see themselves as adversaries competing for your affection, put them in situations where they can become partners. "Anything that makes a toddler feel included and an older sibling feel protective helps build their bond," says Faber. When your toddler needs help putting on his sneakers, direct him to his older brother ("Ask Johnny—he's really good at getting shoes on"). This encourages your toddler to trust his big sib, who in turn feels capable and important. Another unifying tactic: See if your kids can clean up their toys together before the kitchen timer goes off. Cheer them on as they work, and let them know they make a great team.

→ Don't aim for equality

Just because you want to be fair to your kids doesn't mean you should treat them exactly the same. A toddler and an older sibling have different developmental abilities, needs, and wants, says Jan Drucker, Ph.D., a professor of psychology and a member of the Child Development Institute at Sarah Lawrence College, in



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Bronxville, New York. Resist the urge to let your toddler ride her big sibling's scooter or stay up past her bedtime because she might miss out on the fun. Instead, set up one-on-one storytime while her sister is at school so she feels special too.

➔ Respect possessions

Forcing your toddler to share his favorite things can undermine his feelings of security and cause him to resent his sibling. "It's crucial that kids have some things that are off-limits, especially to older brothers or sisters," says Anastasia Gavalas, author of *Wing It: 6 Simple Steps to Succeed as a Modern Day Parent*. You might arrange for each child to fill a basket of toys that are "just his," or set up separate play areas. Your toddler already has to share your attention (and lots of other things) with his sibling. Giving him some control will help him feel more confident—and less competitive.

➔ Let the games begin

Find activities that your toddler and an older sibling can enjoy together. One of Hanson's favorites is the "camp in." Let your little one use blocks to make a pretend campfire while your big kid sets up a makeshift fort using blankets and pillows. Or you can have your older child pretend to be a librarian who checks out books while her little "customer" loads and unloads the bag. A toddler might also enjoy being the patient to her older sibling's doctor. "Even if she doesn't understand the scenario entirely, she'll enjoy the attention," says Dr. Drucker. Supervise these play sessions to make sure that the atmosphere stays friendly, and be ready to resolve conflicts and redirect play. That said, give your kids a chance to figure things out on their own first, as their interactions will lay the foundation for a deep and lasting relationship. ✕

PRESCHOOLER 3–4 years

peaceful meals

Try these tips to help your kid eat more and wiggle less at the table. by SARAH JIO

AFTER COOKING a healthy, family-friendly dinner, the real challenge begins: getting your preschooler to come to the table and not bolt after five minutes. "Kids this age still have a hard time sitting still, especially if they want to get back to what they were doing before dinner," says Laura Markham, Ph.D., a clinical psychologist in Brooklyn, New York, and author of *Peaceful Parent, Happy Kids*. Still, it's not unreasonable to expect a preschooler to sit at the table for 20 to 30 minutes without whining to be excused or just taking off. See what advice experts have cooked up to make family mealtime more manageable for everyone.

➔ Invite Batman to dinner

If half the battle is wooing your child away from his toys, consider letting him bring a small one to the table. "It's fine to let him have something to make him feel more comfortable at meals," assures Dr. Markham. But make it a rule that electronic devices are not welcome at the table.

➔ Create rituals

Your child might be better behaved during dinner if you set a routine. For instance, you could light a candle—a safe distance away from your child—to help ease into the meal. "It serves as a cue that dinner's about to begin," says Lesley-Anne Siegel, a child-behavior consultant in Montreal. "Blowing it out signals the end." Not

a fan of candles? Try making the meal feel important in some way. "Any ritual—getting out cloth napkins, using 'dinner china,' or saying grace—is a way to tell a child that this is a special time," suggests Patricia Nan Anderson, Ed.D., an educational psychologist in Seattle.

➔ Keep the conversation flowing along

"Most children crave their parents' undivided attention, and dinner is when you can give it to them," says Kate Geagan, R.D., a mother of two in Park City, Utah. Ask open-ended questions that will help your kid discuss her day ("What stories did the teacher read at preschool today?") or use her imagination ("What do you think would happen if everything in the world were the same color?"). Children who are more relaxed and engaged at mealtime are less likely to put up a fuss about what they're eating, says Geagan.

➔ Serve food family-style

When Mommy or Daddy gets up for a second helping of chicken, it sends your 3-year-old the message that if they can leave the table, why can't he? "Preschoolers become easily distracted, so the less you take attention away from eating together, the better," says Siegel. Keep a water pitcher, extra napkins, and serving platters nearby to limit the chances you'll have to get out of your chair. ✕

1ST PLACE AT SECOND HELPINGS



Hash Brown Sliders



Potatoes have always been a staple in my diet—my parents grew them in their garden and it's fair to say they grew on me too. My all-time favorite is fresh hash browns on Sunday morning. Is there any better start for the brunchiest day of the week?

STACK
ON!

But hash browns are way too good to be relegated to breakfast hours. These hash brown sliders are perfectly hearty for every occasion. You can dress them down into a delicious appetizer, or up for a family meal that just might be the talk of the table.

— Meagan, A Zesty Bite

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ages + stages ● school age

SCHOOL-AGE 5-6 years

sticky fingers

Even "good" kids might be tempted to steal something they really want. by TAMEKIA REECE

WHEN I took my 6-year-old niece to the store and later learned that she'd picked up a cookie and hid it in her pocket, I worried how she'd learned this behavior and if it had become a habit. Much to my relief, experts say petty thievery is normal for kids her age. By kindergarten, most children know it's not appropriate to take things that don't belong to them; however, they still have poor impulse control. "Their desire to have something they want may be stronger than the little voice in their head telling them that stealing isn't the right thing to do," says Stephanie Marcy, Ph.D., a clinical psychologist at Children's Hospital Los Angeles. And now that they're surrounded by a classroom full of peers and seeing what everyone owns, the temptation to make a five-finger discount is even greater. Try these strategies to help prevent and deal with stealing.

➔ Break it down

You may have already addressed the topic before, but now's a good time for a refresher course. Rather than bringing up stealing randomly (and making your child think he's in trouble), get the conversation started by reading a book like *Ricky Sticky Fingers*, by Julia Cook, or watching a movie like *Despicable Me* together. Then ask your child what he thinks about the character's behavior. Remind him what stealing is ("Stealing is taking something that belongs to someone else without asking

permission") and why it's wrong ("Stealing makes the other person sad"). It may help to provide specific examples of stealing, says Cami Winkelspecht, Ph.D., a child clinical psychologist in behavioral health at Nationwide Children's Hospital, in Columbus, Ohio. Tell him that taking a toy car from a store without paying for it is stealing. Then see if your child can determine if certain scenarios, like putting the teacher's pen in his backpack, borrowing a book from the library, or taking papers from Dad's briefcase are considered stealing as well.

➔ Role-play requests

Kids may lift something because they're afraid to ask for it, they don't know what to say, or they think the response will be no. "Focus on helping your child learn how to ask permission, and practice it with her," says Dr. Winkelspecht. You might guide her through asking a friend to borrow a bookmark, for example, or asking her teacher if she can have a sticker. Praise her when she does the right thing in her daily activities: "Kylie, I appreciate that you asked for the crayons before taking them."

Explain to her that requesting permission doesn't automatically mean she'll get the go-ahead. The person may say no. Discuss other ways she could get what she wants, such as adding it to her birthday wish list, or doing extra chores to earn it, says Dr. Winkelspecht. If she knows there

are other ways to get sunglasses, she may be less likely to swipe those that belong to a friend.

➔ Lead by example

If you eat a couple of grapes at the grocery store without buying them or claim an older child is younger so that you pay less at the movies, your child will notice. This sends the message that it's okay to take things you haven't paid for, says Dr. Marcy. It's important to model the behavior you expect of your child. Keep in mind that even innocent acts can look dishonest. When you grab a free magazine from the doctor's office, your child may think you're stealing! A little explanation can help him understand the difference between freebies and stealing, says Michele Borba, Ed.D., author of *Building Moral Intelligence: The Seven Essential*

Virtues That Teach Kids to Do the Right Thing. Make a comment like, "Cool, this magazine is free." Then point out the word "complimentary" or the sign that says "Take one," explains Dr. Borba. Tell your child that if he's unsure whether an item is free or not, it's always best to ask.

➔ Handle offenses

If you suspect your kid has stolen something (or she's caught red-handed), Dr. Borba suggests you rehash why stealing is wrong and help her see it from the other person's perspective ("How would you feel if Alex stole your coloring book?"). Go light on talk of police involvement or breaking the law. These scare tactics can stop your child from being honest about misbehaviors and can cause her to fear police officers rather than viewing them as helpers in an emergency situation.

Instead, you should right the wrong. "Help your child apologize and return the item to its rightful owner," says Dr. Winkelspecht. If it isn't returnable (as in the case of my niece, who was already munching on the cookie), pay for it and make your child do an extra set of chores to pay you back. If you have already left the store or find an item at home, take it back (if possible) and follow through with consequences that fit the crime. For instance, if your kid steals a toy, she might have to donate one of her own to an organization that helps needy children. Repeated thievery or other troubling behavior may require help from a therapist. Fortunately, most kids who take something once or twice and face real-life consequences (having to apologize, angering a friend, disappointing parents) don't steal again. ✕

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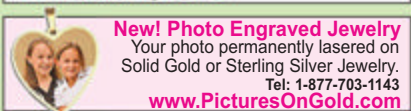
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being self-sufficient

With a little encouragement, your child can handle more responsibility. by **KAREN CICERO**

ALTHOUGH her son Noah was 7, Traci Bild was still laying out his pajamas for him at bedtime, getting him a drink, and hanging a towel on the shower door so he didn't have to grab one from the closet. "My husband and I kept making excuses that Noah was tired from school and all his activities, so we'd do things for him," says Bild, of Clearwater, Florida. Then one day when Bild was behind on laundry, she asked Noah to help. "He proudly folded three loads better than I did," she says. "I realized if Noah was doing this task so well, he had to be capable of handling others." You'll be surprised how easy it is to help your own kid become more independent.

➔ To-do list

Some parents may unwittingly hold their kids back out of habit, says Rita Eichenstein, Ph.D., a pediatric neuropsychologist in Los Angeles and author of *Not What I Expected: Hope and Help for Parents of Atypical Children*. "If you've always flossed your child's teeth, it might not even occur to you to let her try to do it herself. Or perhaps you've been making your child's bed for so long that it's become second nature." To get perspective, write down the tasks you do for your kid and star a couple that you'd feel comfortable handing off. Now 8, Noah has started learning how to wash his clothes and he makes his own snacks after school. Says Bild, "Instead of saying, 'I'm hungry,

Mom,' he makes a peanut-butter sandwich or drizzles some honey on apple slices. Sometimes he even asks me if I want anything."

➔ Following instructions

When you give your child a new responsibility, it's best to model how it's done rather than simply telling him to do it. "It's not enough to say, 'Get your backpack ready every night and put it by the door,'" explains Dr. Eichenstein. "You need to demonstrate exactly what you want him to do, because kids this age still have trouble sequencing events." For instance, you might say, "Watch how I put the homework in the folder and then put all the books and folder back into the backpack. Then I zip it up and take it to the front door." That's what worked with Jennifer Bright's sons, Tyler, 9, and Austin, 7. "I explain step by step the tasks I want them to do, whether it's cleaning their dishes or folding their socks," says Bright, of Allentown, Pennsylvania. "I find that giving them precise, simple instructions works best."

➔ Positive feedback

If your child packs her own lunch box or straightens up her closet, resist criticizing that it wasn't done right, or worse, redoing the task; that will diminish her enthusiasm for taking initiative in the future. But if it's something that's more important, you'll need to gently intervene. Erin Kirkland allowed

her 9-year-old son, Owen, to put together his own overnight bag for a family hiking trip near their home in Anchorage, Alaska. "When we stopped for lunch, Owen realized that he'd forgotten to bring gloves and a hat," says Kirkland. "He was worried that I was going to be upset with him. But I didn't say anything. After a little while, I pulled out extras from my bag. The next time we went out on the trails, he remembered everything."

By the same token, rather than always swooping in when your child has a dilemma—"Mom, this needs new batteries" or even "I don't understand this math problem"—help her to brainstorm how to solve it on her own. Says Carolyn Ievers-Landis, Ph.D., a developmental psychologist at UH Rainbow Babies & Children's Hospital, in Cleveland: "When you handle every problem for your child, it sends the message that you don't have confidence in her skills." ✕

rules

WIN A TOY A DAY SWEEPSTAKES, PAGE 26

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IT WORKED FOR ME! CONTEST, PAGE 150

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"I was singing along to the music at the store when my daughter looked at me in horror. After, I called my mother to apologize for all those years!" —Caitlin Williams Drysdale

"I licked my finger and rubbed something off my daughter's face. To this day, I can remember my mom doing that and how gross it was." —Sarah Oslin

"I listened to myself on a voice message and heard this annoying voice that sounded JUST. LIKE. MY. MOM." —Wendy Pierce

"I yelled out for one of my kids and went through everyone's name (including our dog!) before I got to the right one." —Ashlee Coffman Feragen

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